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PART I: ATOMIC VETERANS

Over Here: U.S. places linked to WWI

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OLD GLORY'S DAY

Parker Anderson of O'Fallon, Ill., presents colors at the 2017 Illinois Premier Boys State. This month, American Legion posts and communities across the country are encouraged to celebrate Flag Day, which commemorates the adoption of the Stars and Stripes on June 14, 1777. Photo by Clay Lomneth

ON THE COVER

Boatswain's Mate 2nd Class Thomas Troia of the Coast Guard cutter *Obion* inspects a shore navigation aid near Grandview, Ind. Photo by Lucas Carter

The American Legion Magazine, **a leader among national general-interest publications, is published monthly by The American Legion for its 2 million members. These wartime veterans, working through 13,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.**

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'Built to Last'

Alan W. Dowd's article (April) is spot-on. Since World War II, U.S. foreign policy has been at times equal parts naïve, shortsighted and just plain stupid. Our attempts at "nation-building" have been a disaster. Too often we have assumed that if oppressed peoples can just be given the right to vote, everything will be fine. There is no better example of this than Operation Iraqi Freedom. The prevailing idea seemed to be that voting was all it would take to establish order. But democracy is not a cure-all Band-Aid you can slap on a dysfunctional Third World culture riven by centuries of irrational tribal hatreds. There has to be a societal foundation of rational thinking, sacrifice and compromise.

– Bill Scott, Sherwood, Ore.

Alan W. Dowd's article was an impressive look into what we need to do to further help the countries we rebuild. It made me think about where we rank in the World Bank's governance indicators. I looked at the data, and we ranked pretty well in Rule of Law, Control of Corruption, Regulatory Quality, Government Effectiveness, and Voice and Accountability, but did abysmally on Political Stability and Absence of Violence/Terrorism. In this last category, more than 40 percent of countries did better than us. It's easy to see where we need to focus our efforts.

– Rick Heckenstaller, Sebastian, Fla.

Alan W. Dowd stresses that democracies need the capstone of a firm foundation: the rule of law. He cites several examples of how certain countries improved or declined according to their respect for the rule of law. He also cites examples of autocrats expanding their power by intimidating independent media and other governmental abuses, including Putin's "I am the state" approach. I wish the United States' rankings had been included, as well as an outlook for our country.

– Robert R. Murphy, Grand Rapids, Mich.

Did anyone besides me notice the irony and warning in this article? The second paragraph under "Rules" illustrates the sad state of affairs right here in the United States, no matter which political ideology you hold. Infractions are either fabricated or ignored, and punishments fall between nonexistent and extreme. Too many laws favor one group or interest, which contradicts our Constitution.

In "Successes," the ironies are that most countries sustaining their democracies right now have fought for their freedom and independence, just as the colonies fought for independence from England. Everyone was involved, not just volunteers who get paid respect in lip service.

In "Conditions" lies the fulcrum of the issue: economic freedom. I am indeed a capitalist and begrudge no one success. But when policy, like unequal application of the law, favors some while hindering others and allows so many Americans (and non-Americans) to benefit without effort, I am sickened.

The American colonists and the citizens of newly free countries realize they must beware of government and continually fight for freedom from those who are entrenched in political organizations.

– Sandy Casey, Oliver Springs, Tenn.

'Free Speech in a Time of War'

Thank you for printing the article by Marc Davis (Rapid Fire, April). If conscription is required to conduct a war, where is the bravery or freedom? If someone tries to organize against conscription and cannot, what more need be said? My father served during the Korean War. I served during Vietnam. My son served in Iraq and Afghanistan, and my grandson is currently serving.

None of us was drafted. We believe in service to our country. We also all believe in freedom of speech. It is in part why we serve. When anyone is not allowed to speak out against conscription, American ideals are thrown out and nationalism steps in. That is what we fought against in World War I and World War II. Patriots seek to help our country achieve its ideals. Nationalists serve idols without concern for any ideal.

– James J. Maddix, Mason, Mich.

On immigration

I respect the views of both sides of the DACA debate (Big Issues, February). But what about those who came to the United States as children, grew up here, got an education here and then – unlike many U.S. "citizens" – enlisted in our military? I have read several articles about veterans who have been deported because they are not "legal" citizens. How can we as a nation allow people to serve in our military and then kick them out of the country? The least we could do is grant them permanent resident status, if not outright citizenship.

The military is like a lot of jobs in this country: too many of our citizens find the work below them and refuse to do it. We should stand behind all our veterans and get them the help and benefits they've earned.

– Richard Baker, Scottsdale, Ariz.

'The Long Shadow of Fort McClellan'

Thank you for the article by Ken Olsen (March). I was there for two weeks of basic training in 1976 as part of the Civilian Acquired Skills Program. I was shocked to realize what the hundreds, if not thousands, of recruits were exposed to, if only for a couple of weeks. After 40-plus years, it is difficult to identify what, if any, of my health issues may be related to the base's toxicity. It is not a surprise that VA refuses to recognize our concerns, given the Agent Orange saga.

– Julia Kroft, Lynnwood, Wash.

'The Gift of Life'

Thank you for publishing the article by Lance Frazer (Living Well, March). The statistics of the need for donated organs are staggering. In the fall of 1982, my mother received the living gift of a kidney. She remained healthy and active for most of the following 34 years, and her donor has remained healthy too. Becoming a donor is simple: sign up during donor drives or at the local Department of Motor Vehicles. This article should remind readers of the pressing need to donate – to save a life.

– Krys Simpson, Charlotte, Mich.

Help in hard times

I thought I'd write about just how much Alexander Bradley Burns Post 80 of Downers Grove, Ill. (Rapid Fire, January) meant to local high school boys in the 1940s. They were so inspired by the scholarships given in those tough financial days. I wish I could tell each Legionnaire just how much their help meant.

I graduated in 1942. My classmates were on their way to war, or some to college. My husband was in the war, too, and is now a Legionnaire. I will never forget the kindness and generosity of Post 80.

– Marjory Van Valkenburg, Escalon, Calif.

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What the GI Bill did to change perceptions

Last August, the Harry W. Colmery Veterans Educational Assistance Act of 2017 was signed into law, removing the 15-year time limit to use the benefit and making it more effective for members of the National Guard and reserve components, their spouses and dependents. It has been called the "Forever GI Bill."

It is certainly a testament to The American Legion that this latest upgrade was officially named for the past national commander of our organization who is considered the chief architect of the initial GI Bill – the Servicemen's Readjustment Act of 1944. Equally relevant is that the original measure, described as the most significant social legislation of the 20th century, arose from ordinary veterans like us, advocating on behalf of others who have served, using the democratic process of a nation we helped keep free, for the good of all society. That is the basis upon which The American Legion was formed.

For the past year, the American Legion 100th Anniversary Observance Committee has taken a multimedia exhibit, "The Greatest Legislation: An American Legion Centennial Salute to the GI Bill," to locations around the country: the National WWII Museum in New Orleans, the Student Veterans of America National Convention in San Antonio, Bob Hope Patriotic Hall in Los Angeles, the Montana Military Museum in Helena, the Iowa Gold Star Military Museum at Camp Dodge and more.

At each venue, veterans of all ages have shared their feelings about the GI Bill. They have told of careers they would not have had without it. They have shared what it meant to have affordable home loans because of it. They have talked about the incentive it represented in their decisions to serve. They explained how the GI Bill made them, and the nation they swore to protect, stronger.

Quite often, visitors of the display have praised the GI Bill's effects: creating the American middle class, democratizing higher education, advancing civil rights, making homeownership realistic for average families and returning $7 for every $1 of government investment.

Less considered are the ways in which the GI Bill changed public perceptions about veterans. A century ago, a war veteran got $60, a train ticket and permission to wear his or her uniform home. After that – whether wounded, shell-shocked or destitute – veterans were largely on their own. Some sat on street corners and sold pencils to survive while the citizens they fought for sailed past them, onto the campuses and careers of their dreams. Too many veterans were relegated, as Colmery once said, "to bow their souls to the frozen bosom of reluctant charity."

Because The American Legion believed in veterans and their ability to strengthen the nation if given a chance, the GI Bill began the process of changed perceptions of veterans, from pitiable victims of war to engines of unparalleled socioeconomic advancement. That's quite a difference.

Seventy-four years ago this month, the Legion's belief in veterans took shape through the GI Bill. That belief must continue to guide us today. Even the GI Bill, successful as it's been, isn't guaranteed to last forever without those of us who are more than happy to show the public what can be achieved when a nation believes in its veterans.

National Commander Denise H. Rohan

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GEORGE BLACKARD

Stepping into a young veteran's home, George Blackard saw the guy needed more than temporary financial assistance could offer. He had a table and chairs, and that was about it.

Blackard and Andrew Pearson Post 117 in Billings, Mont., got to work, using every connection they had. The post service officer called his church's food bank. The post commander took the veteran downtown to apply for public assistance. Other members looked for job leads. "In the end, we got food for him, we got insurance for him, we got a bike for his daughter, we got his truck fixed," Blackard says. "When everybody does their part, it comes together, and you get a great result."

That's what he envisioned when he started his American Legion post in 2011. Blackard wanted it to be known for helping veterans, and active in the community. Named for a local Army captain who was killed in Iraq, the post has grown to 200 members. Like Blackard, they're doers. A Vietnam veteran needs his house painted? They're on it. A widow can't mow her yard? Taken care of. Cabela's wants a few veterans to raise the U.S. flag out front? Absolutely. "It's a team effort," he says.

Word-of-mouth helps, but Blackard is a believer in good publicity and first impressions. He's a regular guest on a Billings radio show, where he talks about what the Legion is doing around town and across the state. And wherever he goes, he's got his Legion cap on, offering a firm handshake followed by, "Hi, I'm George with The American Legion. How can I help?"

Sometimes it's as simple as inviting a person to an activity or event. One of Blackard's favorite stories is about a Vietnam vet who had no interest in the Legion and other groups but, when encouraged to come hear an author speak, showed up. He ended up joining and serving as a post commander.

"That's probably my best Legion experience," he says. "I gained a close friend and comrade, and his wife has told me it's changed his life. I don't know how it gets better than that."

– Matt Grills

BRANCH OF SERVICE Navy (1987-1989), Navy Reserve (1989-1994)

RANK Petty officer third class

MILITARY JOB Boiler technician

AMERICAN LEGION POST Andrew Pearson Post 117, Billings, Mont.

YEARS IN THE LEGION 10

LEGION ACTIVITIES

- National Conventional Warfare Council (2017-present)
- National Legislative Council (2015-present)
- Department Americanism chairman (2016-present)
- Department parliamentarian (2015-present)
- Department congressional liaison (2015-present)
- District commander (2013-2014)
- Post media relations officer (2011-present)
- Post commander (2011-2012)
- Post adjutant (2009)

"The name 'The American Legion' carries a lot of weight ... there's really no limit to the difference you can make in people's lives."

Watch an interview of George Blackard online:

www.legion.org/magazine

See an archive of past interviews:

www.legion.org/iamlegion

Photo by William Campbell

The Perfect Gift for Your Special Grandson

Blessings for My Grandson

My precious Grandson,
May God bless you,
With His generous gifts
For all you do.

May you have strength
For each journey,
And a heart of hope,
Free from worry.

May you trust in Him
To guide your way,
And grow in wisdom
Each passing day.

May the Lord keep
And protect you,
In His light of love
All your life through.

I love you, my Grandson,
Forever and Always.

Solid Stainless Steel

Genuine White Sapphire

Meaningful Poem

Reverse Side is Finely Etched with an Inspirational Message

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Tariffs on steel, aluminum imports

SUPPORT

Rep. Marcy Kaptur, D-Ohio

■ Kaptur is a member of the House Appropriations Committee.

OPPOSE

Sen. Ben Sasse, R-Neb.

■ Sasse is a member of the Joint Economic Committee.

THE HEART OF THE ISSUE

President Trump says his proposed tariffs on steel and aluminum imports will protect the U.S. manufacturing base. Critics say tariffs hurt trade and take money away from working families.

The Trump administration's starting play to restore fair trade with American-made steel and aluminum is on point. Placing tariffs on predatory trading nations finally seizes the ball for the United States. Though the initial announcement lacked clarity, it portends much-needed relief for the battered steel and aluminum industry and its working families across America.

For decades, thousands of hard-hit U.S. workers have been left behind by lawmakers and presidents alike. Their jobs have been traded away to a point that our defense and industrial base are threatened.

Congress has not done enough to protect our manufacturing base. As a result, the United States has hemorrhaged metals jobs as the trade deficits worsen. Countries like China overproduce millions of tons of steel and dump it for pennies on the dollar. China alone produces one-and-a-half times as much steel as the entire world consumes annually. Such strategic overproduction by foreign nations harms U.S. steel mills, like the ones I represent. Even U.S. manufacturers are tempted to abandon American-made steel and aluminum in favor of cut-rate steel by China or Russia.

We need a strategically targeted tariff approach that rewards nations and companies that play by the rules and punishes those that don't. Already we're seeing promising signs that some steel plants are ramping back up with the hope that carefully targeted tariffs will take us forward. Ultimately, we will need more reinvestment in this industry.

Steel and aluminum workers and their families are not an afterthought. They are America's bedrock strength. It is high time Washington started paying attention to the plight of our nation's metals industry. We're in overtime.

Trade is a win-win for Americans because it plays to our strengths. It starts with the simple idea that we should do what we do best to make more money and lower costs. People around the world want our products; we should gladly take their money. We want moms and dads at the store to save more of their money by buying products we can get cheaper from other countries.

Tariffs take money out of the wallets of 320 million Americans, hurting busy families and squeezing seniors on fixed incomes. Trade is pro-America, pro-jobs, pro-agriculture.

Nebraska, where I live, is home to the most productive farmland in the world. It's our job to feed that world. Our economy depends on the fact that we produce more high-quality stuff than we can sell here in the United States. That means we need access to foreign markets, and free trade is the best way to do that.

Yes, it's a problem that China dumps steel. Yes, areas of our trade agreements need modernizing (NAFTA should be talking about backup cameras in cars, not cassette players). But we don't need to handicap ourselves to fix these problems.

Raising tariffs hurts Americans, and we've seen innocent families pulled into the trade war. As Washington's anti-trade talk heated up, Mexico's agriculture secretary talked about turning to Brazil and Argentina instead of the Midwest. In December, Mexico started purchasing wheat from Argentina for the first time. We can't let that become the new normal.

While technology has changed much of the way we work, the fundamentals, benefits and truths of trade have remained the same. America is not done winning.

CONTACT YOUR ELECTED OFFICIALS

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— J. Fitzgerald, VA

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SWEET TALK

Too much sugar can harm your health. Here's how to cut back.

BY BETH W. ORENSTEIN

Media Bakery

Saturated and trans fats used to be the biggest dietary villains. Experts said to stay clear of them. Everyone talked about it. These days, it's sugar – with good reason. Too much sugar in your diet can cause you to gain weight and wreck your teeth. It can also increase your risk for high blood pressure (even more than salt), diabetes and even cancers, some of which have been tied to obesity.

The amount of sugar Americans consume each year has grown by shocking amounts. In the 1800s, the average American Americans ate a mere 2 pounds of sugar a year. In 1970, it was 123 pounds of sugar per year. Today, the average American consumes almost 152 pounds of sugar in one year – the equivalent of 3 pounds (or 6 cups) of sugar a week, according to the New Hampshire Department of Health and Human Services (DHHS).

Nutritionists recommend that you get only about 10 percent of your daily calories from sugar. If you're eating a 2,000-calorie-a-day diet, that would equal a little more than 13 teaspoons. But most people consume more than three times that every day: 42.5 teaspoons, DHHS says.

Nutritionists don't suggest you forsake sugar that occurs naturally in some foods, such as fruits and milk. These also provide healthy ingredients, such as vitamins and antioxidants, that you don't want to eliminate from your diet. However, they do recommend limiting the amount of sugar you eat. Occasional sweets on special days are OK. The American Heart Association recommends that most women eat no more than six teaspoons of sugar a day (the equivalent of 100 calories), and most men no more than nine teaspoons (or 150 calories).

Most people associate sugar with desserts such as cake and cookies. But manufacturers put sugar in numerous foods, including breads and crackers, salad dressings, condiments, pasta and barbecue sauces, oatmeal and granola, yogurt and even canned soup.

Cutting back on sugar requires some detective work because it may be listed on package labels under different names. Anything ending with "-ose" (dextrose, fructose, sucrose, maltose) or syrup (corn syrup, malt syrup, agave syrup) is a form of sugar. Molasses is a syrup, too.

Cutting back on sugar also requires some simple math. Most food labels list sugar in grams. There are four grams to a teaspoon, so you have to divide the number of grams by four to figure out how many teaspoons of sugar are in a serving of the food.

Beth W. Orenstein of Northampton, Pa., is a freelance medical writer and contributor to Living Well.

HOW TO CUT DOWN

Here are some nutritionist-recommended ways to cut down on the amount of sugar you eat.

- **Check your cereal box.** When buying cereal, look for those with no more than eight grams (two teaspoons) of sugar per serving. Measure your cereal so that you're consuming a single serving versus two and thus 16 grams (four teaspoons) from one food.
- **Go slow.** Slowly reduce how much sugar you add to your coffee or tea. If you normally put two teaspoons, try one for a week. Then try half a pack.
- **Cut out/down on sweetened beverages.** A 12-ounce can of soda may contain 39 grams of sugar (140 empty calories) and put you well over your limit for the day. Go for water or seltzer flavored with a twist of lemon or lime. Lots of sugar can be lurking in fruit juices and flavored waters too. If you really want your juice, dilute it with unflavored club soda or seltzer.
- **Opt for healthy snacks.** Rather than processed foods to which sugar is added, go for slices of fresh fruit, popcorn, pretzels or a handful of nuts.
- **Work with a nutritionist.** A registered dietitian nutritionist can evaluate your habits and provide ongoing strategies for change, says Nancy Farrell, a nutritionist in Fredericksburg, Va.
- **Modify your recipes.** Cakes or cookies will taste just as good when baked with less sugar. As you do with your coffee or tea, reduce the amount in the recipe a little bit at a time.
- **Don't substitute with artificial sweeteners.** "Personally, I am not an advocate for use of artificial sweeteners unless you have diabetes," Farrell says. "Artificial sweeteners are hundreds of times sweeter than regular sugar and can raise the threshold of what I call your personal 'sweetness scale.'"
- **Be patient.** According to Farrell, it takes three days to stop a craving, three weeks to change a habit and three months to get rid of a behavior.

Photo courtesy K9s for Warriors

Healing paws

BY STEPHANIE BOUCHARD

Hypervigilance helps keep combat soldiers alive in the field, but it can be detrimental to civilian life.

According to VA's National Center for PTSD, in a given year 11 to 20 of every 100 Iraqi Freedom and Enduring Freedom veterans have PTSD, and 12 of every 100 Gulf War veterans have PTSD. Thirty of 100 Vietnam War veterans have experienced PTSD in their lifetimes.

"What happens is they come home and can't break out of that way of thinking," says Samantha Epstein, education manager for K9s for Warriors. "They know logically that they're at Walmart and not in a combat zone, but emotionally they can't just turn it off." Trained service dogs can help these veterans engage life again, she says.

K9s for Warriors, a Florida-based nonprofit that provides canines to veterans with PTSD, traumatic brain injury and/or military sexual trauma, is one of a number of private organizations nationwide seeking to provide emotional support dogs to veterans.

Service dogs for PTSD and other mental health-associated injuries are not supported by VA, as are those for physical disabilities. VA states there is not enough clinical evidence confirming a therapeutic effect, but efforts are underway. Introduced in Congress in 2016 and 2017, the Puppies Assisting Wounded Servicemembers (PAWS) Act would establish a five-year pilot program through VA to pair veterans with PTSD with a trained service dog and produce a study on the program's effectiveness. The American Legion has testified in support of the PAWS Act.

Clinical studies are occurring, too. VA is in the midst of a multiyear study to determine the efficacy and costs of using dogs to treat PTSD, and Purdue University – working with K9s for Warriors – is studying the effect of service dogs on PTSD symptoms in veterans.

Preliminary results from the Purdue study were reported in February's *Journal of Consulting and Clinical Psychology*. They suggest that trained service dogs help lower overall PTSD symptoms and improve mental health and well-being. Purdue has now begun a long-term research project, funded by the National Institutes of Health, to continue studying the subject.

Stephanie Bouchard is a freelance pet and health-care writer.

stephaniebouchard.net

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

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USE

MAVYRET™ (glecaprevir and pibrentasvir) tablets are a prescription medicine used to treat adults with chronic (lasting a long time) hepatitis C virus (hep C) genotypes 1, 2, 3, 4, 5, or 6 infection without cirrhosis or with compensated cirrhosis.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about MAVYRET?

Hepatitis B virus reactivation: Before starting treatment with MAVYRET, your doctor will do blood tests to check for hepatitis B virus infection. If you have ever had hepatitis B virus infection, the hepatitis B virus could become active again during or after treatment of hepatitis C virus with MAVYRET. Hepatitis B virus becoming active again (called reactivation) may cause serious liver problems including liver failure and death. Your doctor will monitor you if you are at risk for hepatitis B virus reactivation during treatment and after you stop taking MAVYRET.

Do not take MAVYRET if you:

- Have certain liver problems
- Are taking the medicines:
  - atazanavir (EVOTAZ®, REYATAZ®)
  - rifampin (RIFADIN®, RIFAMATE®, RIFATER®, RIMACTANE®)

What should I tell my doctor before taking MAVYRET?

- If you have ever had hepatitis B virus infection, liver problems other than hep C infection, or any other medical conditions.
- If you are pregnant or plan to become pregnant, or if you are breastfeeding or plan to breastfeed. It is not known if MAVYRET will harm your unborn baby or pass into your breast milk. Talk to your doctor about the best way to feed your baby if you take MAVYRET.
- **About all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. MAVYRET and other medicines may affect each other. This can cause you to have too much or not enough MAVYRET or other medicines in your body. This may affect the way MAVYRET or your other medicines work, or may cause side effects.
  - **Do not start taking a new medicine without telling your doctor.** Your doctor can tell you if it is safe to take MAVYRET with other medicines.

What are the common side effects of MAVYRET?

- The most common side effects of MAVYRET are headache and tiredness.

These are not all of the possible side effects of MAVYRET. Tell your doctor if you have any side effect that bothers you or that does not go away.

This is the most important information to know about MAVYRET. For more information, talk to your doctor or healthcare provider.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you cannot afford your medication, contact www.pparx.org for assistance.

Please see a brief summary of the full Prescribing Information on the following page.

MAVYRET™
glecaprevir/pibrentasvir
100 mg/40 mg tablets

MAVYRET™ (MAV-ih-reht) (glecaprevir and pibrentasvir) Tablets

CONSUMER BRIEF SUMMARY
CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Patient Information

Read the Patient Information that comes with **MAVYRET** before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about MAVYRET?

MAVYRET can cause serious side effects, including:

Hepatitis B virus reactivation. Before starting treatment with MAVYRET, your doctor will do blood tests to check for hepatitis B virus infection. If you have ever had hepatitis B virus infection, the hepatitis B virus could become active again during or after treatment of hepatitis C virus with MAVYRET. Hepatitis B virus becoming active again (called reactivation) may cause serious liver problems including liver failure and death. Your doctor will monitor you if you are at risk for hepatitis B virus reactivation during treatment and after you stop taking MAVYRET.

For more information about side effects, see the section "What are the possible side effects of MAVYRET?"

What is MAVYRET?

- MAVYRET is a prescription medicine used to treat adults with chronic (lasting a long time) hepatitis C virus (HCV) genotypes 1, 2, 3, 4, 5 or 6 infection without cirrhosis or with compensated cirrhosis.

MAVYRET contains the two medicines: glecaprevir and pibrentasvir.

It is not known if MAVYRET is safe and effective in children under 18 years of age.

Do not take MAVYRET if you:
- have certain liver problems
- also take any of the following medicines:
  - atazanavir (EVOTAZ®, REYATAZ®)
  - rifampin (RIFADIN®, RIFAMATE®, RIFATER®, RIMACTANE®)

Before taking MAVYRET, tell your doctor about all of your medical conditions, including if you:
- have ever had hepatitis B virus infection
- have liver problems other than hepatitis C virus infection.
- are pregnant or plan to become pregnant. It is not known if MAVYRET will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if MAVYRET passes into your breast milk. Talk to your doctor about the best way to feed your baby if you take MAVYRET.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

MAVYRET and other medicines may affect each other. This can cause you to have too much or not enough MAVYRET or other medicines in your body. This may affect the way MAVYRET or your other medicines work, or may cause side effects.

Keep a list of your medicines to show your doctor and pharmacist.
- You can ask your doctor or pharmacist for a list of medicines that interact with MAVYRET.
- **Do not start taking a new medicine without telling your doctor.** Your doctor can tell you if it is safe to take MAVYRET with other medicines.

How should I take MAVYRET?

- Take MAVYRET exactly as your doctor tells you to take it. Do not change your dose unless your doctor tells you to.
- Do not stop taking MAVYRET without first talking with your doctor.
- Take 3 MAVYRET tablets at one time each day.
- Take MAVYRET with food.
- It is important that you do not miss or skip doses of MAVYRET during treatment.
- If you miss a dose of MAVYRET and it is:
  - Less than 18 hours from the time you usually take MAVYRET, take the missed dose with food as soon as possible. Then take your next dose at your usual time.
  - More than 18 hours from the time you usually take MAVYRET, do not take the missed dose. Take your next dose as usual with food.

If you take too much MAVYRET, call your doctor or go to the nearest hospital emergency room right away.

What are the possible side effects of MAVYRET?

MAVYRET can cause serious side effects, including:
- **Hepatitis B virus reactivation.** See "What is the most important information I should know about MAVYRET?"

The most common side effects of MAVYRET include headache and tiredness.

These are not all the possible side effects of MAVYRET.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store MAVYRET?

- Store MAVYRET at or below 86°F (30°C).
- Keep MAVYRET in its original blister package until you are ready to take it.

Keep MAVYRET and all medicines out of the reach of children.

General information about the safe and effective use of MAVYRET

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use MAVYRET for a condition for which it was not prescribed. Do not give MAVYRET to other people, even if they have the same symptoms that you have. It may harm them. You can ask your doctor or pharmacist for information about MAVYRET that is written for health professionals.

What are the ingredients in MAVYRET?

Active ingredients: glecaprevir and pibrentasvir

Inactive ingredients: colloidal silicon dioxide, copovidone (type K 28), croscarmellose sodium, hypromellose 2910, iron oxide red, lactose monohydrate, polyethylene glycol 3350, propylene glycol monocaprylate (type II), sodium stearyl fumarate, titanium dioxide, and vitamin E (tocopherol) polyethylene glycol succinate. The tablets do not contain gluten.

Manufactured by AbbVie Inc., North Chicago, IL 60064.

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For more information go to www.MAVYRET.com or call 1-800-633-9110.

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5 WAYS TO SAVE ON SUMMER ROAD TRIPS

Don't let fuel prices spoil your fun.

BY LYN METTLER

StockSnap.io

Many Americans are filling up their cars and heading out like Clark Griswold on the great family road trip, whether that's a national park, the beach or a weekend getaway in the big city. While driving is usually cheaper than flying, the high cost of gas can put a dent in your budget. Here are tips to keep your fuel expenses to a minimum:

- **Use travel credit cards.** Used responsibly, travel credit cards can be a simple way to put more money in your pocket or earn rewards for future travel. Cards like Discover it® Cashback Match offer rotating quarterly categories (including gas stations, groceries and restaurants) that let you earn 5 percent cash back on up to $1,500 in expenses. You could also opt for a flexible rewards card like Chase Sapphire Preferred, which earns two points per dollar on all travel and dining expenses, and allows you to transfer points to airlines and hotel chains like Southwest and Intercontinental Hotels Group (IHG).
- **Use a gas station app.** To make sure you're paying as little as possible for fuel, it's important to find gas stations along your route charging the lowest prices. There are several apps that will track gas prices for you, including Gas Buddy, Waze or AAA, which uses credit-card transactions at gas stations to determine the current prices.
- **Properly inflate your tires.** A quick tire check before you hit the road can save you on gas. AAA says that only 17 percent of cars actually have tires properly inflated, yet according to the Department of Energy this step can improve fuel efficiency by 3 percent. AAA also recommends checking your tire pressure before your trip, as hot tires can give inaccurate readings. Look for the proper pressure level on the driver's doorjamb and not the number on the tire sidewall.
- **Plan parking in advance.** Another big savings – and stress reducer – is to book parking in advance. If you're headed to a major city, for example, trying to find a parking garage or even street parking can be time-consuming and exhausting. Smartphone apps and websites like Parkmobile, ParkWhiz and SpotHero allow you to find, reserve and pay for your parking in garages and on the street in advance. You'll save time, money and hassle.
- **Reserve accommodations in advance.** Summer is a busy time for travel, so waiting to book a room until you arrive at your destination can be risky. At some national parks, lodges fill up years ahead. By booking in advance – and online – you can often secure a direct booking discount with the hotel, find the cheapest accommodations and use AAA or other discount options.

Lyn Mettler is a freelance travel writer who blogs at GotoTravelGal.com.

When searching for dining on your road trip, you can now use Amazon Alexa or Google Home to find AAA Diamond Rated restaurants. Simply tell Alexa or Google, "Tell Triple A to find me a restaurant."

Photo courtesy AAA

The Gerald R. Ford Presidential Museum in Grand Rapids, Mich., is hosting an exhibit in honor of what would have been former first lady Betty Ford's 100th birthday in 2018. Open through Jan. 16, it features more than 150 items and documents, including the dress she wore during her controversial 1975 interview on "60 Minutes" and a gold starburst brooch from Queen Elizabeth II.

Europe awaits Legion travelers

The American Legion commemorates its 100th anniversary Aug. 30, 2018, through Nov. 11, 2019. Travelers who plan to visit Europe – where the Legion was founded in 1919 – can arrange group tours of 10 to 12 people each through Manoir du Quesnay in Normandy, France, on available dates. Individuals and couples can also book guided tours of World War I, World War II and American Legion sites of interest in France through the National WWII Museum's "Across Two Wars" program, which runs Sept. 3-11 and Sept. 30-Oct. 8, 2018.

Normandy American Cemetery

Across Two Wars

The National WWII Museum in New Orleans has expanded its international travel program during the American Legion centennial to offer "Across Two Wars," a guided tour of World War I and World War II locations and memorial sites in France Sept. 3-11 and Sept. 30-Oct. 8, 2018. The package, which explores the connections between the world wars and locations related to the American Legion's origins, includes single and double-occupancy four-star accommodations in Paris, Reims, Compiègne, Soissons, Verdun, Belleau Wood and Normandy.

Personal listening devices are provided, as are oral history presentations from museum collections. The tour begins and ends in Paris, where The American Legion was established in March 1919. Airfare is not included.

At the Normandy American Cemetery in Colleville-sur-Mer, travelers can visit the grave of Brig. Gen. Theodore Roosevelt Jr., a founder of the Legion who fought both in World War I and World War II.

To learn more or reserve for the "Across Two Wars" tour, visit **www.nationalww2museum.org/across-two-wars** or call **1-877-813-3329, ext. 257**.

Jacques and Alix Fourcade at Manoir du Quesnay

Manoir du Quesnay

Since 2006, Jacques and Alix Fourcade have annually welcomed American Legion national commanders and American Legion Auxiliary national presidents to their historic manor in Normandy, France, for international ceremonies to remember the D-Day invasion of 1944.

The manor's fortified stone architecture can be traced to the 14th century when it operated as a grain mill, protected at first by archers and later by guards armed with crossbows. Manoir du Quesnay, which the Fourcades have made available for Normandy visitors since 1993, has stood in the path of many historic conflicts over the past 500 years, most recently German occupation during World War II before Allied forces came ashore at Omaha Beach and liberated it.

The manor and its proprietors have established a relationship with the Legion over the past decade that in 2015 included the presentation of an unofficial flag calling Manoir du Quesnay "American Legion D-Day Anniversary Honorary Post 1944, Normandy, France."

The manor has another point of historical interest in that Marie-Madeleine Fourcade, Jacques' mother, was chief of staff for the Alliance Network during World War II – also known as the French Resistance.

In recognition of The American Legion's centennial, the Fourcades are arranging guided eight-day tours for groups of 10 to 12 that start in Brussels, Belgium, and include visits to the Flanders Field American Cemetery and interpretive center; the Bastogne War Museum; Gen. George Patton's grave in Luxembourg; the Oise-Aisne American Cemetery and Château-Thierry American Monument; Paris; the Normandy beaches, cemeteries and memorials; Mont Saint-Michel; the famous tapestry of Bayeux; and the Lafayette Escadrille Memorial.

The arrangements include fine dining, champagne and professional guide services. Walking is required, and some features of the tour are not wheelchair-accessible. Airfare is not included.

To learn about dates and pricing, send an email with "Europe Tour" in the subject line to **manoir.quesnay@wanadoo.fr** or **magazine@legion.org**.

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‘Undiagnosed pain’ ruling may help vets

BY TOM PHILPOTT

A three-judge panel on the U.S. Court of Appeals for the Federal Circuit has overturned a lower-court ruling that for 19 years served as the legal basis for VA to deny claims from veterans with disabling pain that doctors can’t explain.

The court’s ruling in *Saunders v. Wilkie* is promising for such veterans, although government attorneys were still deciding whether to challenge it. They could ask the full appellate court to review the decision, with a panel of up to nine judges, or seek Supreme Court review of the case.

Media Bakery

Lawyers at the nonprofit National Veterans Legal Services Program (NVLSP) had been screening Board of Veterans’ Appeals decisions for years, looking for the right case involving denial of disability compensation for pain alone. The intent was to challenge the 1999 precedent-setting *Sanchez-Benitez v. West* decision by the Court of Appeals for Veterans Claims, which said VA was not required to compensate for pain if not linked to a medical diagnosis.

The right case dropped in May 2016 when the board rejected the appeal of Army veteran Melba J. Saunders, who had been denied VA disability pay for bilateral knee pain because doctors couldn’t determine the cause of the pain, although it began while she served on active duty from 1987 to 1994.

The board cited the *Sanchez-Benitez* decision for rejecting her appeal, yet a medical examiner noted in Saunders’ record that the knee pain was “at least as likely as not” a result of her time in service. The claims court, citing its own decision in *Sanchez-Benitez*, also denied her appeal.

“It’s often true that veterans have pain, and physicians can’t diagnose exactly what’s causing it,” said Bart Stichman, executive director of NVLSP and one of Saunders’ attorneys. But “lack of a medical diagnosis shouldn’t prevent VA from granting disability benefits for the pain if it’s related to an event or injury or disease in service.”

The appeals court agreed. It said the claims court erred in finding that pain, “absent a specific diagnosis or otherwise identified disease or injury, cannot constitute a disability” under VA disability law. The meaning of disability “relates to functional incapacitation or impairment, rather than the particular underlying cause of that condition.”

Saunders had sought treatment for knee pain on active duty. It was first diagnosed as patellofemoral pain syndrome (PFPS). On leaving service, her exit exam found normal leg motion but noted her history of swollen knee and hip joints.

In 2008, Saunders filed a claim for knee and foot issues. Her VA regional office noted in its denial decision the PFPS diagnosis, but said it had “not received any current medical evidence” on a knee condition. She filed a Notice of Disagreement, citing the PFPS diagnosis and arguing she still had pain. VA denied the claim in 2010, citing lack of evidence of treatment for a knee condition.

For the Board of Veterans’ Appeals, Saunders had another exam, reporting knee pain while running, squatting or climbing stairs. The exam found no abnormality, weakness or reduced range of motion, but noted that Saunders said she was unable to stand more than a few minutes at a time and sometimes needed a cane or brace to walk. The examiner diagnosed “subjective bilateral knee pain” that affected daily activities. But when directed by the regional office to provide a more complete rationale, she found no pathology to render a medical diagnosis.

The appellate court ruled that, contrary to VA arguments, the disability compensation statute “does not indicate that pain, devoid of underlying current pathology, is not compensable.” Indeed, the court said, Congress reinforced the point when, in 1994, it established a presumption of service connection for Persian Gulf War veterans with chronic disabilities from “undiagnosed illnesses,” including joint pain.

Stichman said a search of board decisions since 1999 found more than 11,000 adverse rulings that cited *Sanchez-Benitez*, providing a rough estimate of the number of veterans who stand to benefit from the Saunders case.

The Justice Department declined to say if it would appeal, but had until early June to do so.

Tom Philpott has been covering military personnel and veterans issues for more than 40 years.

AMERICA REMEMBERS PRESENTS

THE TET 50TH ANNIVERSARY TRIBUTE PISTOL

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It was January, 1968. Over Christmas, Bob Hope, Raquel Welch and other entertainers were in Vietnam performing for the Christmas holiday — and a group of lucky troops were able to see the show live. Back at home, Americans were able to see highlights of the shows on television in January, ever mindful of all those who were serving in Vietnam.

With the start of the New Year, American troops were preparing for another year in Vietnam. Many longed to return home, and they counted down the days before their expected date to return home. The days were long and tedious and filled with uncertainty and danger.

In this faraway country, a major Vietnamese holiday was also approaching: Tet, the Vietnamese New Year. The Tet holiday was the most celebrated time in Vietnam, and a time when the fighting in Vietnam usually ceased for a short period. Many South Vietnamese soldiers were granted leave and joined family and friends for this special celebration.

Meanwhile, the North Vietnamese and Viet Cong had been planning for months a surprise attack on South Vietnam. The Communist forces would unleash a wave of attacks on South Vietnam while the South Vietnamese were celebrating their lunar New Year. With little warning, shortly after midnight, the sounds of combat exploded in Saigon and other locations.

The assault had started. The Tet Offensive was well-organized and conducted countrywide, eventually including more than 100 towns and cities. The Tet Offensive was by far the largest military operation conducted up to that point in the war, and it proved to be a pivotal turning point in the war.

HONORING ALL THOSE WHO SERVED

The 50th Anniversary of the Tet Offensive

In honor of the upcoming 50th anniversary of the Tet Offensive, and in salute to all who served during the Vietnam War, America Remembers proudly announces the **Tet 50th Anniversary Tribute Pistol**. For this historic Tribute, we selected a working Colt® Government Model® pistol in caliber .45 ACP, a classic military firearm, and a trusted sidearm during the Vietnam War. Only 1,000 Tributes will be issued in this exclusive edition. The artwork on the Tribute features banners and artwork highlighting important battles and scenes from the Tet Offensive. Craftsmen commissioned specifically for this project by America Remembers decorate each pistol in sparkling 24-karat gold and gleaming nickel, with blackened patinaed highlights to accentuate the details of the artwork.

On the slide, you'll find six important battles of the Tet Offensive – Hue, Khe Sanh, Saigon, Da Nang, Quang Tri and Bien Hoa. Saigon was the capital of South Vietnam and the surprise attacks on Saigon during the first night included an attempt to overrun the US Embassy and to capture the National Radio Station.

A Marine Corps Combat Base was located at Khe Sanh. The NVA had built up significant forces around Khe Sanh, far outnumbering Americans and South Vietnamese forces. During Tet, the NVA subjected the base to day and night bombardment, and cut off the overland supply route to the base. The base would remain under siege for more than two months.

Hue was a cultural center in South Vietnam. The fighting in Hue was intense, and lasted for four weeks. The Marines and South Vietnamese forces had to fight building to building, street by street, to reclaim the city. Much of the city was destroyed and losses on both sides were high.

Quang Tri City was in the north of Vietnam and an important government headquarters. It was an important target for the NVA. Bien Hoa and Da Nang were home to major military air bases for the United States. They were both attacked at the start of the Tet Offensive, but attacks were turned back by the allied forces.

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Our nation's involvement in Vietnam spanned three decades. It's estimated that more than 2,500,000 Americans served in Vietnam. More than 58,000 lost their lives and another 350,000 were wounded. When the Tet attack started, America had over 400,000 soldiers and Marine servicemen in Vietnam.

This historic 50th anniversary Tribute honors the generation who served during the Vietnam War. They didn't hesitate to put their lives on the line and sacrifice when our country called. All of them deserve our gratitude. If you're a veteran who served, or you want to honor a family member or friend who served, this handsome Tribute pistol will be a lasting tribute to all who honorably served in Vietnam. Order yours today to secure your place in this edition honoring all those who proudly served in Vietnam.

The artwork on the Tribute features battles scenes from urban settings, like Saigon and Hue. You'll also see an image of the flag raising over the Thuong Tu Gate at the Citadel in Hue. When Hue was overrun by the Communist forces, they quickly replaced the South Vietnamese flag which flew at the Citadel with a huge Viet Cong banner. This banner could be seen throughout the city and was a daily reminder of the overthrow and occupation of this treasured Vietnamese city by the Viet Cong and the NVA. This scene shows a South Vietnam banner once again flying over the citadel after the city was reclaimed on February 24, 1968.

The artwork on the right side includes an M48 tank. The M48 "Patton tanks" helped provide cover and firepower in the urban setting, as our troops reclaimed the cities, street by street. Both sides of the slide also feature a banner that reads Tet Offensive January 1968, commemorating this pivotal period in the war. On both sides of the slide, you'll find crisscrossed M16 and M14 weapons used during the Tet Offensive, with the date 1968 *and* Tet Offensive *and* Lest We Forget *at the bottom.*

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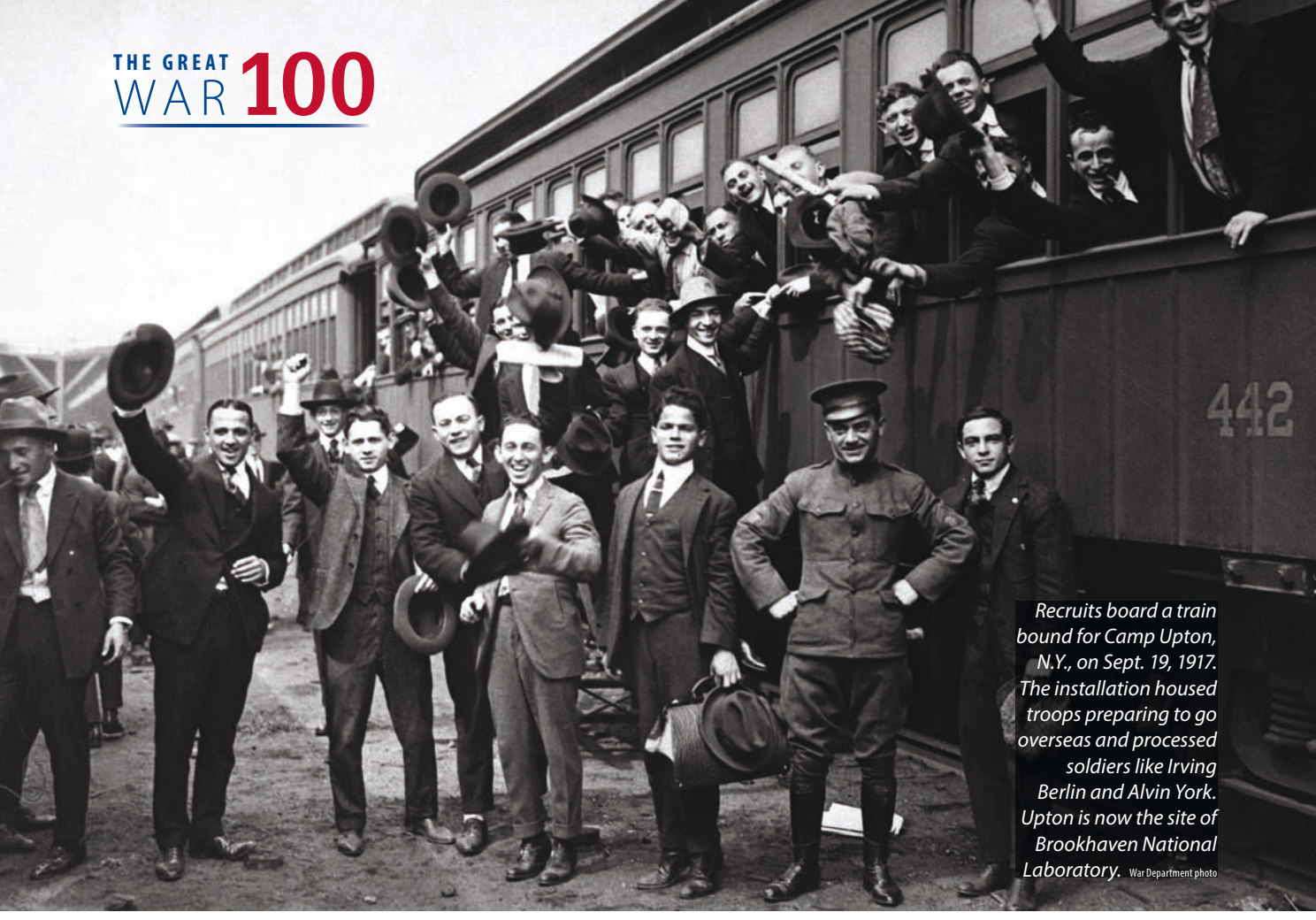

Recruits board a train bound for Camp Upton, N.Y., on Sept. 19, 1917. The installation housed troops preparing to go overseas and processed soldiers like Irving Berlin and Alvin York. Upton is now the site of Brookhaven National Laboratory. War Department photo

OVER HERE

Sites across the United States testify to the scope of U.S. involvement in World War I.

BY MARK D. VAN ELLS

A century ago, George M. Cohan's song "Over There" rallied the American public behind the doughboys in France during the Great War. Today, World War I centennial events are helping Americans rediscover their nation's role in that titanic conflict. Memorials, museums and historic sites are a popular way to connect with the past, and thousands travel across the Atlantic to visit the battlefields of Europe. However, there are plenty of places "over here" in America where one can also walk in the footsteps of the doughboys.

The best place to begin exploring stateside World War I sites might be the Army's 32 training camps where civilians became soldiers. They spanned the country, from Camp Devens, Mass., to Camp Kearny, Calif. Hastily constructed in the summer of 1917, the camps received the first troops that September, and by the time the war ended 14 months later roughly 4 million people had passed through their gates.

Seventeen camps are still military property, and many have history museums that chronicle the doughboy experience. Fort Jackson, S.C., for example, is home to the U.S. Army Basic Combat Training Museum. Fort Lee, Va., has two: the U.S. Army Quartermaster Museum and the Army Women's Museum. The Lewis Army Museum at Fort Lewis, Wash., is in the old camp recreation center the Salvation Army built for trainees during the war. Though located on active military installations,

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Camp Taylor Park in Louisville, Ky., was once the center of a World War I Army training camp. Photo courtesy Mark D. Van Ells

these museums are open to the public. A civilian must obtain a visitor's pass to see them, and photo ID and vehicle registration (if entering by car) are normally required.

The fate of other camps varied considerably. Camp Logan in Houston is now Memorial Park – a welcome green space in that sprawling city. Camp Upton on Long Island, N.Y., is home to Brookhaven National Laboratory, a scientific research center. Like many training sites, Camp Taylor in Louisville, Ky., is now a residential area. Single-family homes stand where barracks, mess halls and warehouses once did. In recent years, the last World War I structures have been demolished, though the Camp Taylor Historical Society is working to preserve memorials and erect a museum dedicated to the Great War heritage of the neighborhood.

Other training sites have also given way to suburbia. Strolling through certain neighborhoods in places like Montgomery, Ala. (Camp Sheridan), Fort Worth, Texas (Camp Bowie) or Menlo Park, Calif. (Camp Fremont), the careful observer spots camp-related monuments, plaques and historical markers in local parks or along the streets.

Soldiers received specialized training at stateside posts, too. For example, the Great War saw the advent of the tank, and many doughboys learned to operate these fearsome new machines. One tank training facility, Camp Colt, was located right on the Civil War battlefield at Gettysburg, Pa. Amid the lavish memorials to the Blue and the Gray are a few subtle reminders of World War I. Just off the Emmitsburg Pike, on ground Pickett's men charged across in 1863, stands a lone pine tree marking the headquarters of Camp Colt's commander, Capt. Dwight D. Eisenhower. It was Ike's first command.

World War I also saw the dawn of air power. The Army Air Service, forerunner of today's Air Force, had more than 100 facilities across the country, including 32 airfields to train pilots. Texas, with its warm climate and open spaces, proved ideal for creating airmen. Kelly Field outside San Antonio became the nation's largest air base, and several others sprang up around the city. The Air Force still retains a strong presence in San Antonio. Kelly Field has since been absorbed into neighboring Lackland Air Force Base, and nearby Brooks Air Force Base also dates to World War I. Camp John Wise, where balloon observation crews trained, closed after the war. A commemorative stone stands at McCullough and East Hildebrand avenues in Olmos Park.

Three airfields surrounding Fort Worth, known collectively as Camp Taliaferro, had a special role. British Commonwealth flyers – mostly Canadians – trained there during the winter months. Several perished in accidental crashes, including a British pilot named Vernon Castle. An internationally noted dancer before the war, Castle flew more than 300 missions in Europe, then crossed the pond to train American aviators. Swerving to avoid another plane on Feb. 15, 1918, Castle's plane crashed into the Texas prairies. A memorial stands at the crash site along Vernon Castle Avenue in suburban Benbrook. Castle is buried in Woodlawn Cemetery in Bronx, N.Y., but Britain's Commonwealth War Graves Commission maintains the final resting places of other British and Canadian flyers in a corner of Fort Worth's Greenwood Cemetery.

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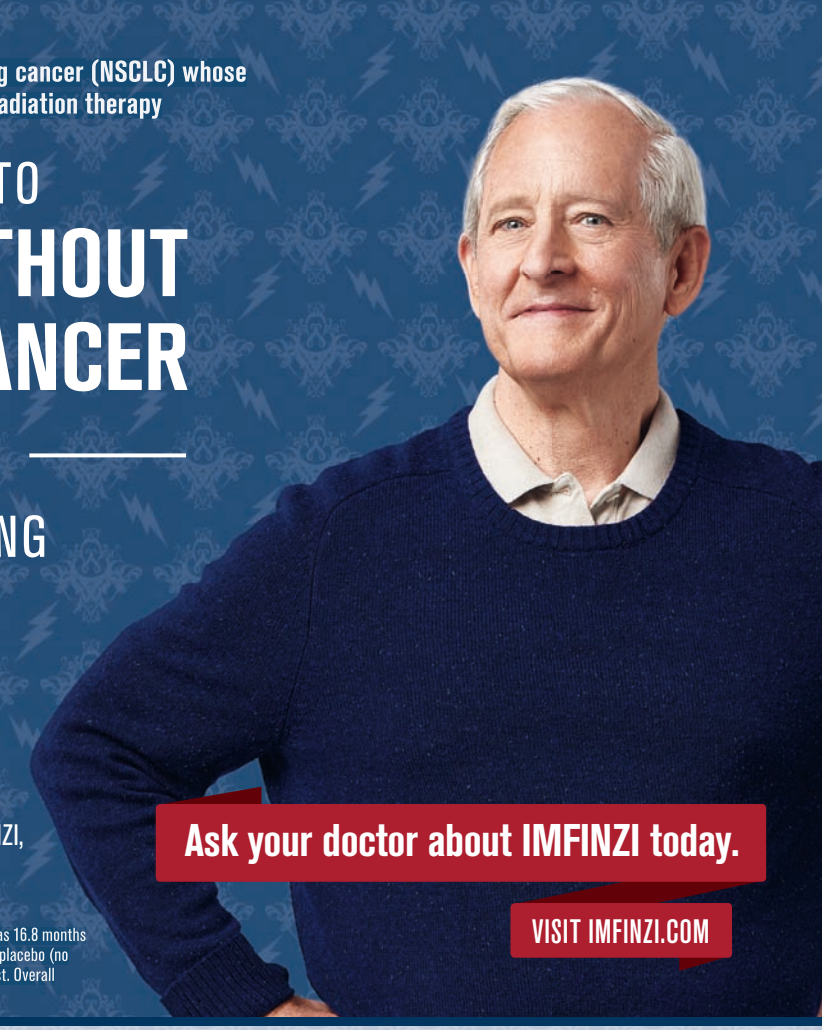

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IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or if these symptoms get worse:

Lung problems (pneumonitis). Signs and symptoms may include new or worsening cough, shortness of breath, and chest pain.

Liver problems (hepatitis). Signs and symptoms may include yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), drowsiness, dark urine (tea colored), bleeding or bruising more easily than normal, and feeling less hungry than usual.

Intestinal problems (colitis). Signs and symptoms may include diarrhea or more bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness.

Hormone gland problems (especially the thyroid, adrenals, pituitary, and pancreas). Signs and symptoms that your hormone glands are not working properly may include headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; feeling more hungry or thirsty than usual; hair loss; feeling cold; constipation; your voice gets deeper; urinating more often than usual; nausea or vomiting; stomach-area (abdomen) pain; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness.

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include decrease in the amount of urine, blood in your urine, swelling of your ankles, and loss of appetite.

Skin problems. Signs may include rash, itching, and skin blistering.

Problems in other organs. Signs and symptoms may include neck stiffness; headache; confusion; fever; chest pain, shortness of breath, or irregular heartbeat (myocarditis); changes in mood or behavior; low red blood cells (anemia); excessive bleeding or bruising; muscle weakness or muscle pain; blurry vision, double vision, or other vision problems; and eye pain or redness.

Severe infections. Signs and symptoms may include fever, cough, frequent urination, pain when urinating, and flu-like symptoms.

Severe infusion reactions. Signs and symptoms may include chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, fever, feeling like passing out, back or neck pain, and facial swelling.

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI if you have severe side effects.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant; have lung or breathing problems; have liver problems; or are being treated for an infection.

If you are pregnant or plan to become pregnant, tell your healthcare provider. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about which birth control methods to use. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

If you are breastfeeding or plan to breastfeed, tell your healthcare provider. It is not known if IMFINZI passes into breast milk. Do not breastfeed during treatment with IMFINZI and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take. This includes prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of IMFINZI?

IMFINZI can cause serious side effects (see earlier).

The most common side effects in people with non-small cell lung cancer (NSCLC) include cough, feeling tired, inflammation in the lungs (pneumonitis), upper respiratory tract infections, shortness of breath, and rash.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your healthcare provider for medical advice about side effects. ***You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/MedWatch or call 1-800-FDA-1088.***

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IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

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Lung problems (pneumonitis). Signs and symptoms of pneumonitis may include:

- new or worsening cough
- shortness of breath
- chest pain

Liver problems (hepatitis). Signs and symptoms of hepatitis may include:

- yellowing of your skin or the whites of your eyes
- severe nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- drowsiness
- dark urine (tea colored)
- bleeding or bruising more easily than normal
- feeling less hungry than usual

Intestinal problems (colitis). Signs and symptoms of colitis may include:

- diarrhea or more bowel movements than usual
- stools that are black, tarry, sticky, or have blood or mucus
- severe stomach area (abdomen) pain or tenderness

Hormone gland problems (especially the thyroid, adrenals, pituitary and pancreas). Signs and symptoms that your hormone glands are not working properly may include:

- headaches that will not go away or unusual headaches
- extreme tiredness
- weight gain or weight loss
- dizziness or fainting
- feeling more hungry or thirsty than usual
- hair loss
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- feeling cold
- constipation
- your voice gets deeper
- urinating more often than usual
- nausea or vomiting
- stomach area (abdomen) pain

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include:

- decrease in the amount of urine
- blood in your urine
- swelling of your ankles
- loss of appetite

Skin problems. Signs of these problems may include:

- rash
- itching
- skin blistering

(continued)

Problems in other organs. Signs and symptoms may include:

- neck stiffness
- headache
- confusion
- fever
- chest pain, shortness of breath, or irregular heartbeat (myocarditis)
- changes in mood or behavior
- low red blood cells (anemia)
- excessive bleeding or bruising
- muscle weakness or muscle pain
- blurry vision, double vision, or other vision problems
- eye pain or redness

Severe infections. Signs and symptoms may include:

- fever
- cough
- frequent urination
- pain when urinating
- flu-like symptoms

Severe infusion reactions. Signs and symptoms of severe infusion reactions may include:

- chills or shaking
- itching or rash
- flushing
- shortness of breath or wheezing
- dizziness
- fever
- feel like passing out
- back or neck pain
- facial swelling

Getting medical treatment right away may help keep these problems from becoming more serious.

Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI, if you have severe side effects.

WHAT IS IMFINZI?

IMFINZI is a prescription medicine used to treat:

- a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC:
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  - has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have had an organ transplant
- have lung or breathing problems
- have liver problems
- are being treated for an infection
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.
- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for at least 3 months after the last dose of IMFINZI.

(continued)

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

HOW WILL I RECEIVE IMFINZI?

- Your healthcare provider will give you IMFINZI into your vein through an intravenous (IV) line over 60 minutes.
- IMFINZI is usually given every 2 weeks.
- Your healthcare provider will decide how many treatments you need.
- Your healthcare provider will test your blood to check you for certain side effects.
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMFINZI?

IMFINZI CAN CAUSE SERIOUS SIDE EFFECTS, INCLUDING:

SEE "WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?"

The most common side effects of IMFINZI in people with NSCLC include:

- cough
- feeling tired
- inflammation in the lungs (pneumonitis)
- upper respiratory tract infections
- shortness of breath
- rash

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF IMFINZI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. If you would like more information about IMFINZI, talk with your healthcare provider. You can ask your healthcare provider for information about IMFINZI that is written for health professionals.

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LEFT: The Indiana World War Memorial is part of a five-city-block plaza built in Indianapolis to honor Hoosier veterans of the Great War.

RIGHT: Along Lake Crescent in Washington state runs the Spruce Railroad Trail, built by the Army to haul logs intended for the manufacturing of aircraft.

Photos courtesy Mark D. Van Ells

The Navy and Marines did more than their fair share during the Great War. Most sailors trained at Great Lakes Naval Station outside Chicago. Parris Island, S.C., produced Marines. Both facilities remain important training centers, and host museums that (like those of the Army) are open to the public.

HEAVEN, HELL OR HOBOKEN Of the 4.5 million Americans in uniform during the war, 2 million went overseas as part of the American Expeditionary Forces (AEF). Three out of four departed from Hoboken, N.J., across the Hudson River from Manhattan. The German shipping lines Hamburg America and North German Lloyd operated out of Hoboken, and with the U.S. declaration of war against Germany in 1917, the Army promptly seized their properties and converted them into its main embarkation center. Troops often returned from Europe through these same facilities. "Heaven, hell or Hoboken" became a rallying cry throughout the AEF.

Camp Merritt, 10 miles north of Hoboken, prepared the troops for their overseas journey. The camp grew as deployments increased, absorbing 770 acres by war's end. In a busy traffic circle at Knickerbocker Road and Madison Avenue, on the border of Cresskill and Dumont, stands the Camp Merritt Memorial Monument, a 65-foot granite obelisk that marks the center of the camp. It features relief sculptures by noted artist Robert Aitken, and contains the names of more than 500 soldiers who died there, mostly of influenza.

As for Hoboken, the docks have long since been demolished, replaced with a pleasant waterfront park offering some great views of the Manhattan skyline. This once rough-and-tumble port now hosts armies of office workers, and so many young families that it has earned the nickname "Stroller City." Little remains of the Great War days, though a modest waterfront memorial – always colorfully festooned with wreaths, ribbons, and the Stars and Stripes – reminds passersby that Hoboken was the last place many young Americans ever set foot on the shores of their country.

A majority of doughboys never left the United States. Many simply hadn't finished their training, but others were assigned to stateside duties. For example, 50,000 African-American soldiers worked as stevedores on docks at the Newport News embarkation center in Virginia. While some black troops saw combat, the Army assigned nearly 90 percent of them to labor units. Camp Alexander, just north of the Newport News docks, housed most of the port's black stevedore-soldiers. Nothing remains of the camp, but there is a historical marker telling its story at the intersection of Jefferson Avenue and Hilton Boulevard.

Defense of the nation's shores and borders was critical. Several Army camps kept watch on the U.S.-Mexico border, while naval air stations dotted the Atlantic coastline. From the Florida Keys to New England, Navy pilots scanned the coastal waters for German subs. Rockaway Naval Air Station, for example, occupied what is now Jacob Riis Park in Queens, N.Y. As troopships departed New York

Three miles offshore, in the direction
of the arrow, was the scene of attack
of a German submarine on a tug and
barges July 21, 1918. Several shells
struck the beach. This is the only
section of the United States' coast
shelled by the enemy during World
War I.

On July 21, 1918, off Nauset Beach on Cape Cod in Massachusetts, a German submarine attacked a convoy of barges, with a few shells striking the beach. A sign on a staircase marks the "Battle of Orleans."

Photo courtesy Mark D. Van Ells

Harbor, seaplanes and dirigibles from Rockaway watched over them.

More than 30,000 soldiers spent the war in the forests of the Pacific Northwest. Lumber was vital to the war effort, particularly the Sitka spruce, prized for aircraft. When labor unrest threatened the wood supply, the Army's Spruce Production Division took over logging operations. As fighting raged in France, soldiers and civilian workers built railroads deep into the forests, and by November 1918 they had extracted 143,008,508 board feet of lumber. The Spruce Railroad Trail in Washington state's Olympic National Park follows the course of the most ambitious rail project. Tall, craggy peaks rise up almost vertically from the trail, which hugs the wooded shores of Lake Crescent, noted for its unusually clear waters. It is undoubtedly one of the most scenic World War I historic sites on earth. Interestingly, the line was completed just weeks after the armistice and never produced any lumber for the war.

There was even a little fighting in the United States. With Mexico in the midst of revolution, and fear that Germany might exploit the situation, the war years saw great tension on the southern border. In the early hours of March 9, 1916, a band of Mexican rebels under Pancho Villa, an opponent of U.S. policy in Mexico, crossed the border and raided Columbus, N.M. The soldiers based there sprang into action – one in his bare feet – and caught the raiders in a murderous crossfire. Villa's men rode back into Mexico, but not before eight soldiers and 10 civilians were dead, and much of Columbus was in flames. Columbus then became the launching pad for an incursion into Mexico to capture Villa, led by Gen. John J. Pershing. The expedition never found Villa, but it made Pershing a household name and led to his appointment as AEF commander. Today, Columbus is strewn with markers and memorials to that day. Pancho Villa State Park, on the south edge of town, preserves the remnants of the Army camp. It also maintains a museum of the raid and the wartime borderlands.

There were other incidents in the Southwest, but it was a Massachusetts town that experienced the only German attack on U.S. soil. During the summer of 1918, the German submarine U-156 patrolled the East Coast, harassing Allied shipping. On July 21, it attacked a convoy of barges off Nauset Beach on Cape Cod, near the village of Orleans, Mass. German shells hit the barges, but some also came screaming down onto the beach, sending bathers running for cover. Navy planes attacked the sub, but its bombs failed to detonate and U-156 slipped away. Nowadays, summer afternoons find Nauset Beach more packed with sunbathers than ever. Few notice the modest sign on a wooden staircase in the dunes above the beach telling of the "Battle of Orleans."

MEMORIALS BIG AND SMALL With the armistice of Nov. 11, 1918, the doughboys began streaming home. Americans ardently wanted to recognize the sacrifices of their local veterans, and bronze doughboys soon took their places next to Billy Yank or Johnny Reb in parks and town squares all across the United States.

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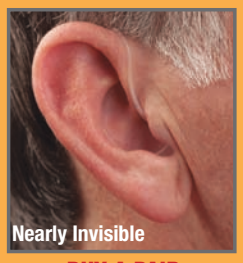

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The War Dog Memorial in Hartsdale, N.Y., honors 7,000 canines that served during the war. Photo courtesy Mark D. Van Ells

Demand for doughboy statues was so great that sculptor E.M. Viquesney marketed a mass-produced statue called "Spirit of the American Doughboy," as well as a maritime equivalent, "Spirit of the American Navy." An affordable way to honor local veterans, communities and commemorative groups across the nation snapped them up. More than 150 Viquesney doughboys remain standing, from Aberdeen, Wash., to Sarasota, Fla. Some are well preserved, while too many others are in need of restoration.

There are memorials to honor the many ways Americans served in the Great War. In a quiet leafy plaza behind the American Red Cross headquarters in Washington, D.C., stands the Jane Delano Memorial. Founder of the Red Cross Nursing Service, Delano and 295 other American nurses died overseas. Sleepy Hollow, N.Y., remembers the 1st Provisional Regiment, a home guard unit that protected the aqueducts carrying water to New York City. Such units, made up of teen boys and middle-aged men, sprang up across the country as the National Guard was federalized. Home guard units are largely forgotten today, but on the first Sunday of May locals gather at the 1st Provisional Regiment memorial in Sleepy Hollow Cemetery to recognize the 40 men who died of accidents and disease.

A few memorials are a bit offbeat. The War Dog Memorial – a bronze German shepherd perched atop a piece of Vermont granite – stands in the center of the Hartsdale Pet Cemetery in New York. Dedicated in 1923, it honors the estimated 7,000 canines that served as messengers and sentries during the war.

Often World War I memorials seem hidden in plain sight. New York City is filled with them. A statue of Father Francis Duffy, legendary chaplain of the 165th Infantry Regiment, keeps watch over Times Square. George M. Cohan stands nearby. There are several memorials in Central Park, like the tree along Literary Walk dedicated to Joyce Kilmer, the poet-turned-soldier who was killed in France. Not far is the 307th Infantry Regiment Memorial Grove, commemorating the city's draftee unit. On Fifth Avenue at East 67th Street is a bronze sculpture to the 107th Infantry Regiment, a New York National Guard "silk stocking" outfit made up of men from some of Gotham's most prominent families. One mile north, at East 90th Street and Fifth, is a memorial to John P. Mitchel, the former New York City mayor and Army pilot who died in a training accident in 1918.

The United States is home to some of the most impressive World War I memorials anywhere. In Kansas City, Mo., citizens selected a hilltop site overlooking the downtown area for a memorial and raised $2.5 million in 10 days. The American Legion brought in the Allied commanders – including Pershing, Field Marshal Ferdinand Foch of France and Admiral of the Fleet Lord David Beatty of Great Britain – for the 1921 groundbreaking, which coincided with the Legion's 3rd National Convention and drew a crowd of 200,000. Five years later, President Calvin Coolidge spoke at the dedication. The Liberty Memorial is home to the National World War I Museum and Memorial – America's official Great War museum and Kansas City's top attraction.

Not to be outdone, Indianapolis laid plans for its own grand commemoration. The Indiana World War Memorial, completed in 1933, is modeled on the ancient Greek Mausoleum at Halicarnassus, and decorated with exquisite Art Deco details. Known simply as the Indiana War Memorial, it honors all Hoosier veterans. The memorial dominates a five-block-long grassy mall in the heart of the city, and at the north end is the national headquarters of The American Legion, founded by members of the AEF in 1919. The national headquarters building houses the Emil A. Blackmore Museum, exhibiting Legion and war memorabilia.

The American Legion, which expanded its ranks to include veterans of subsequent war eras, is a living legacy of the first world war and the millions who served the United States during the "war to end all wars."

Mark D. Van Ells is the author of "America and WWI: A Traveler's Guide" (Interlink). His great-uncle, Andrew V. Van Ells, was a wagoner with the 127th Infantry, 32nd Division and died from wounds near Fismes, France. Van Ells-Schanen American Legion Post 82 in Port Washington, Wis., is named for him. ***markdvanells.com***

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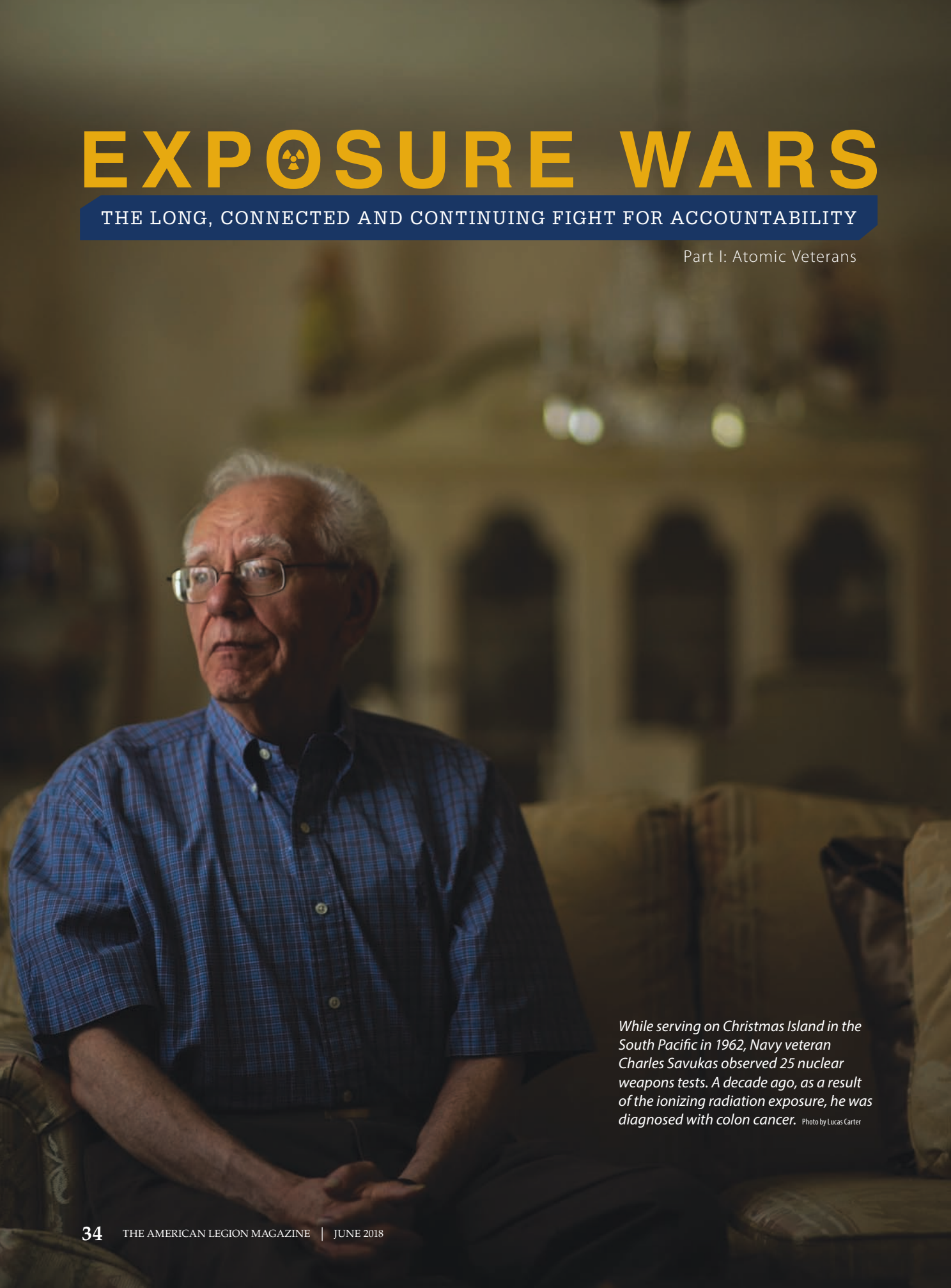

While serving on Christmas Island in the South Pacific in 1962, Navy veteran Charles Savukas observed 25 nuclear weapons tests. A decade ago, as a result of the ionizing radiation exposure, he was diagnosed with colon cancer. Photo by Lucas Carter

Since their first encounter with nuclear weapons tests in the 1940s, U.S. servicemembers have been exposed to atomic radiation, toxic defoliants and choking burn pits, among other contaminations that, while slower-acting, are often just as lethal as bullets and bombs. In each of these situations, the government response to afflicted veterans' needs for information, acknowledgment and health care has been even slower – decades of denial, followed by begrudging but limited acceptance and bureaucratic skepticism. The American Legion has been at the forefront of advocating on behalf of these veterans, from the Legion service officer in Iowa who helped Orville Kelly win the first atomic veteran's claim, to the continuing fight for Agent Orange benefits and today's work on behalf of post-9/11 veterans.

In this first article of a three-part series, *The American Legion Magazine* examines how servicemembers who endured these exposure wars are treated today, and where Congress and VA need to do more to fulfill the nation's obligation to them.

'Like a giant X-ray'

They had a front-row seat to secret nuclear weapons tests. Now they're fighting for recognition and compensation.

BY KEN OLSEN

Charles Savukas' South Pacific deployment almost sounds like a page from an exotic travel brochure: fishing, swimming and exploring the white sands and turquoise waters of Christmas Island, when he wasn't working as secretary to a naval commander.

He had no health problems to report when the Navy sent its annual questionnaire in the years that followed. Remarkable, given that Savukas witnessed a series of thermonuclear bomb tests between March and July 1962, standing out in the tropical sunshine, his only protection a pair of special dark glasses. Watching endless fireballs boiling up on the horizon. Feeling the superheated blast waves pulsing over him. Hearing the sonic booms that rocked the buildings on the tiny island.

Then, a decade ago, Savukas was diagnosed with colon cancer – a first in his family history. That was followed by radical surgery that saddled him with a restricted lifestyle and a different perspective on his island time. "We wore badges to record the amount of radiation we received and were told it was safe," says Savukas, a member of American Legion Post 628 in Lilly, Pa. "Until 2007, I thought I was great."

In some ways, Savukas is fortunate compared to other servicemembers dispatched to the South Pacific during decades of U.S. nuclear weapons tests. The government tracked his health for 20 years after he left the Navy, eventually acknowledging his exposure to ionizing radiation and the resulting cancer, then belatedly provided Savukas some compensation. That's far more than thousands of other atomic veterans have received.

"The government really did them wrong," says Michael Blecker, a Vietnam War combat veteran and executive director of Swords to Plowshares, a veterans organization based in San Francisco. "They didn't take any real precautions. They made no effort to conduct any follow-up. Then they deny everybody's (health-care) claims when there's no controversy they were there."

Many veterans never saw a dime, says Fred Schafer, national commander of the National Association of Atomic & Nuclear Veterans (NAAV) and a Legionnaire who served on a Navy oiler during some of the 1962 nuclear tests. "When they could finally talk about it, it was too late," he adds, referring to scores of veterans who were dead by

In 1996, the government lifted an order that prevented Charles Savukas and thousands of other U.S. servicemembers from talking about their participation in nuclear tests, such as those shown in Savukas' photos from his tour on Christmas Island. By that time, they were too late to apply for VA medical care and benefits. Photo by Lucas Carter

1996, when the U.S. government finally lifted an order that had prohibited veterans from revealing their participation in atomic bomb tests. Too late to apply for VA medical care and benefits. Too late to receive the recognition they were promised.

Atomic veterans have only four years – until July 2022 – to file claims with a Justice Department compensation program. That would leave them only with VA, which often treats them with the same doubt and denial it gives veterans dealing with the health effects of Agent Orange, Gulf War Illness, or burn-pit exposure in Iraq and Afghanistan.

"Right here in Oregon, VA has been treating us great," Schafer says. "In other states, atomic veterans can't get the time of day."

'THE GREAT THERMONUCLEAR SEA' The U.S. military conducted approximately 200 nuclear weapons tests between 1945 and 1962, most often in the Marshall Islands. The location was ideal because it was under U.S. control, sparsely populated and had reliable weather, author Simon Winchester wrote in his book "Pacific." Yet the atomic weapons testing was so pernicious that Winchester dubbed the Pacific "the Great Thermonuclear Sea."

Approximately 200,000 U.S. servicemembers participated, along with British, Australian, Canadian and French troops as well as civilian scientists, engineers, technicians and support staff. More than a million people were exposed to ionizing radiation during Operation Crossroads, Operation Frigate Bird and dozens of other atomic bomb tests at home and abroad, Schafer says. That includes his aunt, who the U.S. Forest Service sent to Nevada in 1952 to witness two atomic bomb tests. She died of breast cancer at 56.

Participants were threatened with treason if they talked. "We were told we had cleared top security," Schafer says. "That felt real good to a 19-year-old." Even today, he encounters atomic veterans who don't realize they are allowed to talk about their experience or exposure to lethal ionizing radiation.

DENIAL Atomic veteran Orville Kelly and his wife, Wanda, founded the National Association of Atomic Veterans in the late 1970s ("Nuclear Veterans" was added to the name later) and lobbied Congress to help the soldiers, sailors and airmen who were suffering as a result of their radioactive service. Lawmakers insisted the nuclear weapons tests had never taken place, Schafer says.

Meanwhile, a young attorney named Gordon Erspamer filed suit on behalf of the National Association of Radiation Survivors (NARS) and other

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Filmmaker Brian Cowden interviews Fred Schafer, national commander of the National Association of Atomic & Nuclear Veterans and a Legionnaire who served on a Navy oiler during 1962 nuclear tests in the South Pacific. Like most atomic veterans, Schafer was prohibited from talking about his experience until the federal government lifted a secrecy order in 1996. Photo courtesy Fred Schafer

veterans groups, including Swords to Plowshares. Erspamer had a personal interest in their cause. He had been fighting VA on behalf of his late father, Ernest, who contracted leukemia as a result of his participation in atomic bomb tests at Bikini Atoll in 1946, and his mother's right to survivor's benefits.

The NARS case reached the Supreme Court in 1985. Erspamer was not only fighting on behalf of radiation survivors, but he was also challenging a Civil War-era law that prevented all veterans from paying an attorney more than $10 to represent them no matter how complicated the case, Blecker says. He also took issue with the fact that veterans could not appeal VA decisions in court.

Up to then, "(VA's) Board of Veterans' Appeals was the highest level of appeal," Blecker says. "If you couldn't appeal an administrative decision outside of the agency, then VA had the ultimate authority."

In the course of the NARS litigation, Erspamer deposed Ron Abrams, who was part of the quality review team in VA's Central Office. Abrams verified that VA was not meeting its legal obligation to assist veterans filing claims for service-related injury and illness. "My testimony indicated that the quality of regional office adjudication sucked, to put it in layman's terms," Abrams says. "VA was violating the due process rights of veterans."

The agency harassed Abrams until he left the agency five years later, he says. He then joined the National Veterans Legal Services Program (NVLSP) and went on to help the nonprofit win major precedent-setting cases on behalf of veterans, as its co-executive director.

Although Erspamer eventually lost the NARS case at the Supreme Court, the lawsuit changed the way Congress – and to a certain extent VA – dealt with atomic veterans. Congress repealed the $10 limit on what veterans could pay attorneys and created the Court of Appeals for Veterans Claims in 1988. Erspamer filed the new court's first case – challenging VA's decision to deny his mother survivor's benefits in the wake of his father's death from an illness related to his military service.

Meanwhile, The American Legion played a part in getting the Court of Appeals for Veterans Claims created, Abrams says. It was accomplished without undermining the service office system so integral to helping veterans. And it's an important part of Erspamer's legacy; he died of a brain tumor in 2014.

VA eventually opened the door to disability and medical care claims from some atomic veterans. Today, former servicemembers with one of two dozen types of cancer who served in the testing areas between 1945 and 1962 are presumed to have been exposed to deadly ionizing radiation and qualify for VA benefits. But many atomic veterans still don't qualify for VA assistance. That includes more than 4,000 Enewetak Atoll cleanup

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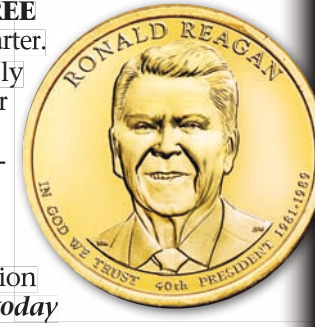

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veterans, dispatched to mitigate the radioactive contamination of a highly toxic portion of the Marshall Islands in the late 1970s.

Keith Kiefer, NAAV national vice commander, wants to change that. He's working to persuade Congress to provide VA benefits to Enewetak cleanup veterans and extend the deadline for all atomic veterans to apply for help from the Justice Department program that expires in 2022.

Kiefer knows the issue firsthand. He came home temporarily sterile from his service as an Air Force communications specialist on Enewetak and has since developed several autoimmune diseases, thyroid problems and a blood-clotting disorder. Once private physicians connected his illnesses to his exposure during the Enewetak cleanup, they recommended he apply for medical care from VA. That proved fruitless.

"VA says none of the veterans involved in the cleanup were exposed to enough radiation to qualify," says Kiefer, who has been so busy helping other atomic veterans file claims that he hasn't taken time to revisit his own case. "It's not right. But I'll do what I can to change it."

BENEFITS AND RECOGNITION In the early 1990s, Congress passed the Radiation Exposure Compensation Act (RECA) after years of lawsuits, including those brought by the workers who mined and processed uranium during the Cold War. RECA has provided lump-sum payments to about 30,000 uranium workers and civilians who lived downwind from U.S. nuclear weapons test sites, as well as approximately 4,000 veterans.

Savukas received a check for $75,000 after providing proof of service on Christmas Island during the atomic testing and verification of his medical condition, money he would happily trade for never having had cancer. Meanwhile, his VA claim has been denied twice. Even if he prevails, the $75,000 likely would be deducted from any VA benefits.

Savukas' experience is typical. Veterans have generally had better success getting a straight answer and timely adjudication from the Justice Department program, Kiefer says.

Most veterans, however, probably don't know they even qualify. Savukas got a tip from his son, who came across the program while working for a government subcontractor.

Schafer has yet to apply for any of the programs, even though his exposure stories are harrowing. For example, his ship was ordered to sail though the blast area soon after an atomic bomb was detonated to test an experimental ship-washing system. Schafer and his shipmates were told they were part of an atomic bomb test.

"We were told it wasn't harmful," he says, "and that it was a safe test."

In retrospect, that didn't make sense. A person could see the bones in his hands or the ribs of the man in front of him after the bombs went off, Schafer says: "It was like a giant X-ray."

He has not developed cancer or any other radiation-related illnesses.

Schafer returned home to Oregon after his Navy service and started a successful career as a salesman. He was at an American Legion post in Lebanon, Ore., in the 1980s when a discussion with a stranger there led him to join NAAV. He's been national commander of the group for four years and Oregon state commander for the past two decades.

Not only has the state NAAV chapter fought on behalf of Oregon veterans, it has taken up the cause of refugees from the Marshall Islands who moved to the state because their homeland is contaminated from the atomic bomb tests. The atomic veterans also have helped the islanders secure Oregon driver's licenses and health insurance.

As the veterans poisoned by the nuclear arms race dwindle – membership in NAAV has dropped from a peak of 100,000 to about 1,500 today – the organization is opening its doors to U.S. servicemembers who were exposed to depleted uranium from armor-piercing tank ammunition and bunker-buster bombs, and is working to help the widows of atomic veterans apply for VA survivor's benefits.

As much as anything, the group wants the federal government to formally acknowledge their service by approving the long-delayed Atomic Veterans Service Medal.

"I'm proud of my service," Schafer says. "This is a form of recognition they promised. It says, 'Yes, we did this to our guys.'"

Ken Olsen is a frequent contributor to The American Legion Magazine.

WHERE TO GO FOR HELP

Learn more about the Department of Justice Radiation Exposure Compensation Act:

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When VA denied his mother's claim for survivor's benefits after his father died from leukemia, Gordon Erspamer took up her case. Photo courtesy Trish Bare

Gordon Erspamer, a pro bono champion who improved benefits for generations of veterans

Gordon Erspamer set out to fight for his father's VA claim and changed the lives of millions of former servicemembers, winning disability benefits for atomic veterans, post-traumatic stress disorder care for Iraq and Afghanistan veterans, and treatment for Cold War veterans who were subjected to chemical weapons testing.

"He was tireless in fighting to make sure people who served their country got what they deserved," says Stacey Sprenkel, an attorney at Morrison & Foerster in San Francisco, which worked with Erspamer on some of his pro bono lawsuits. "He inspired a generation of us to advocate for veterans."

In addition, he had a deep regard for soldiers and recognized they needed champions, adds Michael Blecker, a Vietnam combat veteran and executive director of Swords to Plowshares

Erspamer took on his father's VA claims about the time he and his wife, Trish Bare, took jobs with San Francisco law firms. Ernest Erspamer had served at Bikini Atoll during atomic bomb tests decades earlier and was dying of leukemia. VA rejected his disability claim and then denied his widow survivor's benefits.

The more Erspamer learned about VA's refusal to acknowledge the connection between the nuclear tests and atomic veterans' illnesses, the angrier he became. He tracked down his father's shipmates and learned many had contracted cancer, Bare says. Erspamer also discovered that veterans weren't able to hire attorneys to fight their complex radiation exposure claims because a Civil War-era law prohibited paying an attorney more than $10 for a veteran's case.

Erspamer sued VA on behalf of the National Association of Radiation Survivors and other plaintiffs. The Supreme Court heard the case in 1985. Erspamer's wife, pregnant with their second child, went to hear oral arguments along with his mother and youngest brother. "Gordy was perfectly at ease," Bare says. "The rest of us were a nervous wreck."

He lost at the Supreme Court but won in Congress. The $10 limit on attorney's fees was repealed and the Court of Appeals for Veterans Claims was created to give veterans an independent venue to contest VA decisions. VA also extended benefits to veterans who were exposed to atomic weapons tests from 1945 to 1962 and eventually was forced to provide his mother survivor's benefits.

LEGEND Soon veterans from across the country were calling Erspamer at home and at work, no matter the hour, Bare recalls. "Because they were veterans, they had long stories. He couldn't help all of them. But he listened to all of them and he tried to find someone to help them."

He was able to absorb thousands of pages of evidence and recall essential details at key moments, Bare says. Erspamer also was a combative litigator – defendants feared his depositions – and excelled at rooting out VA's secrets, including veteran-suicide statistics, patient waiting lists and the magnitude of the disability claims backlog.

Sprenkel worked with Erspamer on *Veterans for Common Sense v. Shinseki*, which challenged delays in mental health care, delays in PTSD compensation claim decisions, and other significant issues faced by returning Iraq and Afghanistan veterans who were taking their own lives at an unprecedented rate. They found evidence showing a veteran waited an average of about four years from the time they filed a VA claim to when they received a decision from the Board of Veterans' Appeals.

They lost when the 9th U.S. Circuit Court of Appeals ruled that the federal courts didn't have jurisdiction to adjudicate the case. But the case focused media attention on the unmet mental health-care needs of post-9/11 veterans. VA created a national suicide hotline, placed suicide prevention coordinators in all VA medical centers, made it simpler for veterans with PTSD to file disability claims, and expanded care for returning veterans to five years.

"Gordy's lawsuit resulted in improved VA care and benefits for millions of veterans, and that will last decades into the future – because he improved the system," says Paul Sullivan, who was executive director of Veterans for Common Sense, the lead plaintiff in the case, during the litigation. The lawsuit also forced VA to reveal that its own data showed 22 veterans a day were completing suicide.

LEGACY Sprenkel also worked with Erspamer on a lawsuit brought on behalf of Cold War veterans who were subjected to chemical and biological weapons testing at the Edgewood Arsenal in Maryland. The veterans had no idea what they were exposed to, a problem that became increasingly acute as they developed health issues resulting from their exposures, Sprenkel says.

Morrison & Foerster won the court case. The federal government was required to provide test participants with information about the health effects of the toxic substances they were subjected to and medical care for resulting illnesses. Erspamer did not live to see the victory. He died of a brain tumor in November 2014.

"I don't know if veterans will ever again have such an effective and relentless advocate," Bare says.

– Ken Olsen

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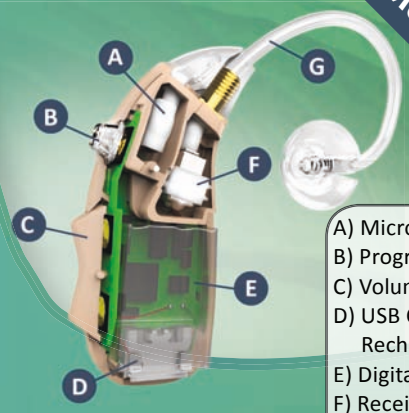

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RIVER RUN

As part of the Coast Guard's inland fleet,* Obion *has the low-key but vital mission of marking the nation's waterways.

BY MATT GRILLS
PHOTOS BY LUCAS CARTER

Boatswain's Mate 1st Class James Helmke supervises the pulling of a 6th-class buoy from the Ohio River.

It's late October, and the Coast Guard cutter *Obion* is a couple of hours into a 10-day trip up the Ohio River, pulling and setting buoys.

The work can be dangerous, threatening to send a careless sailor home short a finger or a toe. A 4th-class buoy weighs 465 pounds, and a 6th-class buoy is 170 pounds. Each is attached to a 1,500-pound anchor stone.

Obion's deck crew watches for fouled mooring, too – often a sinker or a sunken buoy wrapped in another sinker's wire or chain. A "live load" could shock the crane and end in a sudden release that sends everyone diving for corners. Tree trunks, shopping carts, refrigerators – they've seen crazy stuff.

Senior Chief Boatswain's Mate Cameron Morgan, Obion's *officer in charge, radios the deck.*

"Sometimes you pull something up and kind of chuckle," says Senior Chief Boatswain's Mate Cameron Morgan, *Obion*'s officer in charge. "You just sit there and look at it: 'How are we going to do this and not hurt anybody?' You're laughing about it, but it could kill you."

It's all part of the mission: marking America's inland waterways, to ensure safe and independent navigation for commercial and recreational traffic.

Obion is one of 18 river tenders scattered throughout the Western Rivers System, in places like Greenville, Miss., Omaha, Neb., Sewickley, Pa., and even Sallisaw, Okla. They service and maintain up to 15,000 buoys (called floating aids to navigation), along with thousands of shoreside (fixed) aids, in some of the Coast Guard's most remote operating environments. Because of these vessels and their crews, the nation's inland waterways are able to move some 630 million tons of cargo annually. That's nearly $4.5 trillion in economic activity.

"We work in prevention," Morgan says. "We're preventing marine tragedies and loss of life right now, this minute. It's just hard to quantify. That megatanker didn't strike a rock and create an environmental disaster. Why don't you know about it? Because it never happened. Why? Because we're doing our job."

SMALL CREW, BIG MISSION *Obion* has the largest area of responsibility in Sector Ohio Valley – roughly 680 miles, from Greenup Lock and Dam at mile marker 341 to Smithland Lock and Dam at mile marker 918, and another 100 miles on the Green River.

The 65-foot cutter operates out of Owensboro, Ky., where few would expect to find a Coast Guard presence. Even people in the Coast Guard are surprised. "When I was told I was coming here, I was like, 'I'm going where?'" says Seaman Trevor Stotts. "It's a good crew. We work hard, but we like to play hard, too."

The unit has 16 cuttermen, so with *Obion* having only 13 racks, a few are staying back this time out. The youngest man on board is 19, the oldest 42. For most, this ship is their first aids-to-navigation (AtoN) assignment – on rivers, at least.

"It's a different world," says Boatswain's Mate 1st Class Matt Degnon, *Obion*'s second in command. "We're constantly working as we transit, so the guys are pretty well beat at the end of the day."

In addition to buoy tending, they climb steep and slippery river banks to cut vegetation around fixed aids, build and inspect towers, and make sure lights are flashing as advertised. Everyday challenges include heat, humidity, mud, storms, hornet nests, bee stings, and poisonous plants like ivy, oak and sumac – all while working dozens of miles from the nearest boat launch or town.

As executive officer, Degnon monitors crew endurance and fatigue. He came to *Obion* from Ketchikan, Alaska, a year and a half ago, with experience in the Coast Guard's more visible activities: law enforcement, search and rescue, drug interdiction. Adding "AtoN afloat" to his skill set makes him part of a small community, and highly sought after.

He wanted to join the military after high school and took his parents' suggestion to try the Coast Guard. Where the other services train until they deploy, the Coast Guard operates every day, Degnon says. "We're deployed now, if you will.

TOP: *Boatswain's Mate 1st Class Matt Degnon looks for stray buoys and oncoming ships.* **LEFT:** *Seaman Joseph Curinga, left, and Machinery Technician 1st Class Grant Terry watch as a sinker is moved into position for buoy deployment.*

We're doing our primary mission regularly. On a river tender, we're gone probably one week of the month, depending on the season.

"I just wanted to do something different. Some people go off to college or into a trade, and they work their 9 to 5 or whatever, same thing week in and week out. Here it's not, and I think that's what I thrive on: adaptability and change."

Morgan is newer to *Obion*, though with plenty of experience in buoy tending and fixed aids. After assignments in Maine and Washington state, he served as executive petty officer for three years on *Smilax* – the Queen of the Fleet and, at 73, the nation's oldest operational ship.

There, he worked more than 1,200 fixed aids in the narrow passages of the Atlantic Intracoastal Waterway, as well as floating aids in the inlets of North Carolina's Outer Banks.

Obion is Morgan's first ship as officer in charge, and he's focused on the professional development of his crew – creating an environment where they can perform their jobs to the best of their ability.

"It's cool to finally have control of that," he says. "Everything I say and do affects the tone and atmosphere of the command. You see it on the guys' faces every day, so I'm careful how I come in. Honestly, I love it. I really do."

AGING FLEET Unless they live along a river, most Americans don't know the Coast Guard conducts this particular mission, says Capt. Paul Dittman, director of Western Rivers and Waterway Management for the 8th Coast Guard District in New Orleans.

Think about it: massive quantities of agricultural products are harvested in America's heartland, then transported downriver to be loaded onto ships heading for Europe, Asia and the Middle East. With rivers being dynamic forces of nature – rising and falling and shoaling – somebody's got to mark the safest route.

"What a lot of folks don't realize is that buoys set up by our cutters in places like Dubuque, Iowa, directly facilitate the transportation of cargo overseas," Dittman says. "You have to look at it as an entire system, and these inland cutters are critical components to maintaining that system."

Unfortunately, they're old. The average age of the inland river tender is close to 50 years. Two were built in 1990, two in 1970 and the rest in the 1960s. *Obion* was commissioned in 1962.

"We're at a point now where these vessels have certainly exceeded their intended life expectancy," Dittman says. "They're becoming more and more challenging to maintain."

Not only do the inland cutters require constant upkeep, but most were built when use of lead paint and asbestos was commonplace, adding a health and safety risk. Between 2007 and 2016, the Coast Guard recapitalized much of the inland fleet's engineering systems as a temporary fix, and its 2018 budget proposed $1.1 million to start the process of designing a newer, more capable vessel. Still, production is at least a decade away.

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A working party returns to Obion *after checking the light and clearing the brush around a shore navigation aid.*

"I think what we would see as a replacement would be similar," Dittman says. "These are really construction tenders. I don't want to say they're necessarily low-tech, but they're not Aegis cruisers. They're designed to build things and to put things in the water."

Meanwhile, *Obion* and its sister vessels strive to do more with less. Operationally, limited funding has had an effect, determining which navigation aids to service based on criticality to the waterway. But at the field unit level, the inland fleet is getting the job done, Morgan says. At times, crews rely on AtoN teams, small boat stations and the Coast Guard Auxiliary to service aids without getting their more expensive asset – a cutter – underway.

'THE DIRTIEST YOU CAN GET' *Obion* has pushed into a bank so a working party can check the Grandview light and daymarks at mile marker 742. Heading it up is Boatswain's Mate 1st Class James Helmke, a 14-year Coast Guardsman who's been on vessels big and small, from Seattle to Pensacola, Fla. He prefers AtoN to multimission.

"The nature of the work fits me better," he says. "Some of these shore aids are literally drilled into the side of a tree. You have to make things work and use your brain a little bit instead of just riding around in a boat. Not that that's not important, it's just not my cup of tea."

Fireman Andrew Culver carries a chainsaw, ready to begin trimming overgrown brush around the fixed aid so the light is visible from the water going both directions. He reported to *Obion* in the summer of 2016, straight from boot camp, and immediately fell in love with the assignment.

"It's so unique," Culver says. "Where else in the Coast Guard can you go cut brush and 10 minutes later be climbing an aid or getting launched on a small boat to retrieve a stray buoy?"

Boatswain's Mate 2nd Class Thomas Troia scales the tower to inspect the two green day boards, laminated plywood that serves as a marker. Then he makes sure the lantern above the mile marker sign is working and has enough battery to get through to the next scheduled recharge.

On the ground assisting is Jake Phillips, a fireman apprentice and the youngest of *Obion*'s crew. "To me, this is more hands-on," he says of his job. "Here you can get out and work. I heard this is probably the dirtiest you can get in the Coast Guard."

Thanks to movies like "The Finest Hour" and "The Guardian," all about Coast Guard heroics, enlistees often have certain expectations of what they'll do and where they'll be stationed. A river tender in the Midwest usually isn't at the top of their list. But to Morgan, there's a satisfaction in building a shore aid or setting a solid string of buoys so that next 36-barge tow – covering an area equivalent to a *Nimitz*-class aircraft carrier – makes it down the river without incident.

"Everybody comes in wanting to fly helicopters or do search and rescue, and that's awesome," Morgan says. "This is not as glamorous. But we're saving lives daily by putting these buoys where they're supposed to be. People aren't going to strike a shoal, they aren't going to run aground, whatever it is, because of the work we do."

Matt Grills is managing editor of The American Legion Magazine.

View a gallery online: ***www.legion.org/magazine***

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"(The U.S. Constitution) is the foundation of our way of life ... The American experiment worked because of limited government, and to live in America we should understand the principles of the Constitution and the reasons we have the liberties that we do."

Photo by Clay Lomneth

ORATORICAL

Kentucky teen wins 81st American Legion Oratorical Contest

At 17, Carlissa Frederich entered The American Legion's Oratorical Contest – her first-ever speech competition – as a way to learn more about the founding of the United States and to express gratitude for her freedoms. Her oration, "Limited Government: Our Right and Responsibility," earned Frederich a first-place finish and an $18,000 scholarship at the 81st Annual National Oratorical Contest on April 15 in Indianapolis.

"I still can't believe it," said Frederich, who lives in Paducah, Ky., of her win. Sponsored by Post 73 in Murray, she is only the second contestant from Kentucky to win the national contest. Frederich emerged from a competitive field of 52 other high school orators who won their department contests. She will be an honored guest alongside other American Legion youth champions at the 100th National Convention in Minneapolis in August.

Second place, and a $16,000 scholarship, was awarded to Emily Parker of Lino Lakes, Minn., who was sponsored by American Legion Family Post 566. Third place, and a $14,000 scholarship, was awarded to Nathan York of National City, Calif., who was sponsored by Larry E. Bennett Post 255.

Judges of this year's national contest included two American Legion youth program alumni: Alan Keyes, a 1996 presidential candidate who in 1967 won the National Oratorical Contest and was elected as president of American Legion Boys Nation, and Rachel Forbes, a 1996 recipient of the American Legion Samsung Scholarship.

Frederich, who plans to attend Brigham Young University in Provo, Utah, this fall, encourages other high school students to participate in the American Legion Oratorical Contest.

"You definitely step out of your comfort zone, but what you gain is so worth it," she says. "Not only is it really an incredible experience as far as learning to memorize a speech and deliver it to people, but it is an incredible opportunity to learn about our country and our founding principles and the importance of the Constitution."

– Cameran Richardson

Watch the finalists' orations: ***www.legion.org/legiontv***

NATIONAL CONVENTION

Convention marketing opportunities available

The 2018 Convention Marketing Opportunities package is available online, with information on exhibiting at and sponsoring the 100th American Legion National Convention.

Hours for the Exhibit Hall in the Minneapolis Convention Center will be 8 a.m. to 3:30 p.m. Aug. 24, 25 and 27, and 8 a.m. to 2 p.m. Aug. 26 and 28.

www.legion.org/convention
(317) 630-1393
a.watson@legion.org

CENTENNIAL

Post 556, Frewsburg, N.Y.

Founded on Oct. 17, 1919, Samuel L. Derby American Legion Post 556 met first in private homes, rented rooms, the Carroll town hall and even a bowling alley. But in 1948, members began preparations to build their first post home after Harry Kline donated a one-acre lot. Membership increased from about 30 to 575 some years after it was completed.

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Upload stories, photos and videos of your post's history on the Legion's Centennial Celebration website.
www.legion.org/centennial

Photo courtesy Samuel L. Derby Post 556

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LEFT: *Palisades Post 283 Commander Jere Romano, left, Auxiliary Unit 283 President Martha Romano and doughboy re-enactors gathered for a rededication ceremony following the cleaning and restoration of the World War I Memorial Plaque at the Santa Monica Memorial Open Air Theater.* Photo courtesy U.S. World War One Centennial Commission

ABOVE: *George A. Fitzgerald Post 65 is leading efforts to restore and improve Dell Rapids Veterans Memorial Park in Dell Rapids, S.D.*
Photo courtesy Tom Reecy

HONOR & REMEMBRANCE

Final 100 Cities/100 Memorials awardees named

The 100 Cities/100 Memorials matching grant challenge announced its final 50 awardees on April 5, and nine projects with American Legion involvement are among them.

Along with a $2,000 matching grant to go toward restoration, conservation and maintenance, each memorial will receive the official national designation of "World War I Centennial Memorial."

The 100 Cities/100 Memorials program is sponsored by the Pritzker Military Museum & Library in Chicago and the U.S. World War One Centennial Commission, and is supported by The American Legion and Veterans of Foreign Wars. It was created to draw attention to World War I memorials across the United States, and to give all Americans an opportunity to commemorate the centennial of the Great War. A total of $200,000 was allocated for grants that will go toward physical work on the memorials and highlighting the war's ongoing effect on the world. A dozen American Legion posts were among the first 50 awardees, announced last September.

"I am impressed by the community involvement that has sprung from this project," said Dan Dayton, U.S. World War One Centennial Commission executive director. "By focusing on restoring these community treasures, local cities, veterans groups, historical societies and citizens have come together to remember the community's heritage – and that was really a key goal of the program."

A searchable list of all 100 grant recipients is online at **ww1cc.org/100memorials**. For more coverage of the American Legion-related projects, go to **www.legion.org/honor**.

Emile Ladnier World War I Memorial
Emile Ladnier Post 42, Ocean Springs, Miss.

Santa Monica Memorial Open Air Theater/ Memorial Bronze Plaque
Palisades Post 283 & Squadron 283, Pacific Palisades, Calif.

Wellesley Memorial Grove
American Legion Post 72, Wellesley, Mass.

American Legion Post 911 WWI Memorial
American Legion Post 911, Shanksville, Pa.

Caddo County Veterans Memorial/ 1922 Preservation
Havens-Cannon Post 24, Anadarko, Okla.

Clarendon War Memorial
American Legion Post 139, Arlington, Va.

Granite World War I Veterans Memorial Park
Paul Garrett Post 121, Mangum, Okla.

Dell Rapids Veterans Memorial Park
George A. Fitzgerald Post 65, Dell Rapids, S.D.

World War I Centennial Room at Lamouree-Hackett American Legion Post 72
American Legion Post 72, Saugerties, N.Y.

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THE GREAT WAR **100**

HONOR & REMEMBRANCE

'We will go to work with a will'

Editor's note: *Throughout the Great War's centennial,* The American Legion Magazine *will publish excerpts from the letters of D.B. "Bernard" Ryan of Albion, N.Y., who served as an Army infantry officer and helped found American Legion Sheret Post 35 in 1919.*

1ST BN, 309TH INFANTRY, A.E.F.
JUNE 7, 1918

Dear Mother

We are at a rest camp which means practically that all of us – officers and men – have our own time to our disposal, except that the men have a roll call at 6 a.m. and 9:45 p.m. We marched about two hours over hard roads and under a hot sun and our men showed up in fine condition, especially considering their idleness or rather lack of physical occupation during our voyage. Our men, as one meets them on the street – and one does meet them at every step – show up splendidly and by comparison are physically superior in appearance to other soldiers one sees. In considering this we must remember that the best men of our allies have already been through years of the war and that many have made the great sacrifice. Nevertheless to note the conduct, appearance and good behavior of our men gives me great confidence that we will ultimately come to victory.

This matter of resting seems a bit superfluous, as the voyage was a great rest for all of us, except the ship's officers, who had the great task of safely landing our troops at a time when the waters must have been swarming with submarines, to judge by the news reports of the raid on our coast – reports which I hope did not cause you alarm as to my safety. Surely this raid will wake up those in America who are still sleeping quietly in the face of the great peril to our freedom.

Since writing, I have allowed several days to lapse while I took the opportunity to get about the country and see many places and things of interest. I wish I was able to tell you all about them but, as I can't mention names of places, you will have to be content with what I may now tell you until that happy day when we are together. I have seen some of the oldest cathedrals in the world and with them the tombs of some of the most prominent men in the history of politics, of religion and of literature. I have stood on the spot where great tragedies occurred and gazed at towers where men of royal blood spent their last days. I have visited places where many of the scenes in the stories of perhaps our favorite author occurred and have been at inns where he stopped and did his writing. I have seen fortifications built many years ago to resist an invader. In my travels I have had congenial companions and we have gone our own way without guides or a crowd.

Most of my opportunities to get about have been available to our men, who have had a real vacation without many formations or duties. We are going to be a superior army – in intelligence, physique and fighting capacity. These points should be given emphasis and publicity at home and you should do your share to that end. Our men will do better if they feel that they have the confidence and encouragement of their fellow citizens. I think that this is about the last day of our rest and that we will shortly be engaged in some very serious training. We are ready for it and will go to work with a will.

Love, DBR

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CAREERS

The essentials of using LinkedIn

LinkedIn has changed the job search process and the tools and resources at our disposal. It is the No. 1 resource for recruiters and hiring managers to find qualified candidates, communicates that you are current and a part of today's business culture, and provides you with options to integrate keywords throughout your profile. (Recruiters use keywords to search for candidates, so include them in the summary, job descriptions and elsewhere.) To optimize your LinkedIn profile, follow these recommendations:

- **Include initials next to your name.** After your name, include MBA, PMP, MSCE, or any other relevant degrees and professional credentials.
- **Post a headshot.** If you do not include a picture, it's a red flag. People will wonder why and often pass you by.
- **Use multimedia tools.** Upload images, graphics, logos, PowerPoint presentations and other visuals to enhance your profile.
- **Write a powerful summary.** Use the summary to highlight skills, credentials, achievements and keywords that align with positions you're targeting.
- **Write meaningful job descriptions.** Do not copy and paste your résumé. Write job descriptions that explain the organization, challenges, opportunities, areas of responsibility and, most importantly, how well you performed.
- **Join LinkedIn groups.** Groups are a great way to expand your visibility and network of contacts, share resources, and identify career opportunities.
- **Share your profile link.** "Push" people to your profile by including a live link on your résumé, in your email signature and anywhere else you post your contact information.

Wendy Enelow is co-author of "Modernize Your Résumé: Get Noticed ... Get Hired" and "Expert Résumés for Military-to-Civilian Transitions."

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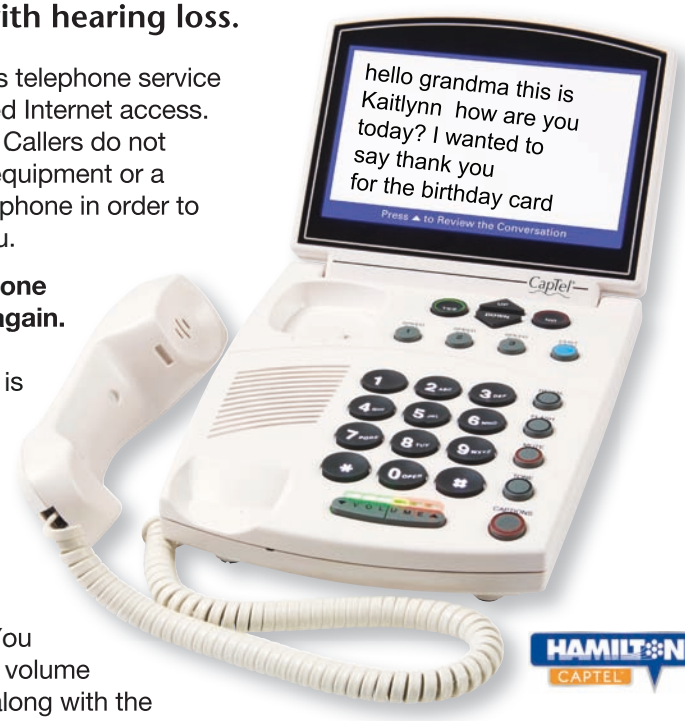
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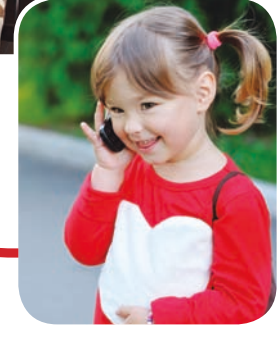

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Gour Maker receives an airman's coin outside the Pfingston Reception Center at Joint Base San Antonio in Lackland, Texas, on Feb. 1. During the basic military training coin ceremony, trainees receive coins signifying the final transition from trainee to airman.
Wikimedia Commons

ACTIVE DUTY

An airman's new life

Guor Maker survived slavery and a brutal civil war in Sudan that claimed 28 members of his family (including eight of his nine siblings), fled to a better life in America, graduated from college and competed in two Olympics as a marathon runner. He even served as flag-bearer for South Sudan's first Olympic team in the Rio Games. Today, as *Air Force Times* reports, he is wearing the flag of his new country and serving as an airman first class in the Air Force.

Maker's family was granted permission to enter the United States in 2001. He initially settled in Concord, N.H., and then received a running scholarship to attend Iowa State University.

"All of the things I've accomplished have derived from the opportunities the United States has afforded me," Maker says. "When I first came to America, I didn't have hardly anything, but with the support and opportunity this country has given me, I've been able to completely change my life."

EDUCATION

Be aware of time limit on benefits

Q: *I recently applied to enroll my daughter in the Post-9/11 GI Bill program and was told that since I only had two years left on my enlistment, I could not enroll her. I re-enlisted so she would qualify but received a letter stating that I was denied transferring any benefits since I used 14 months of Montgomery GI Bill Selected Reserve, Chapter 1606, and 34 months of Dependents' Educational Assistance. Please help me understand why I am unable to transfer Post-9/11 GI Bill benefits to my daughter.*

A: Unfortunately, you must not have exhausted all your educational benefits, which have a maximum amount allowed by law of 48 months. Since you had already used a total of 48 months between Chapter 1606 and Chapter 35, there is not a remaining entitlement to transfer to your daughter.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. ***askvalerie@legion.org***

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LIMIT 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, safes, saw mills, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, Ames, Bauer, Cobra, CoverPro, Daytona, Earthquake, Fischer, Hercules, Icon, Jupiter, Lynxx, Poulan, Predator, Tailgator, Viking, Vulcan, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 9/16/18.

COVERPRO — SUPER COUPON
10 FT. x 17 FT. PORTABLE GARAGE
Customer Rating ★★★★½

NOW $169.99
~~$199.99~~
COMPARE TO SHELTER LOGIC $270 MODEL: 76377
SAVE $100
ITEM 62859/63055/62860 shown
25508145
LIMIT 5 - Coupon valid through 9/16/18*

YUKON — SUPER COUPON
46" MOBILE WORKBENCH WITH SOLID WOOD TOP
Customer Rating ★★★★★

NOW $229.99
~~$249.99~~
SAVE $20
NEW
ITEM 64023
64012 shown
- 15,704 cu. in. of storage
- 1200 lb. capacity

25509007
LIMIT 3 - Coupon valid through 9/16/18*

PITTSBURGH AUTOMOTIVE #1 SELLING JACKS IN AMERICA — SUPER COUPON
RAPID PUMP® 3 TON STEEL HEAVY DUTY LOW PROFILE SERVICE JACK
Customer Rating ★★★★★
- Weighs 73 lbs.

COMPARE TO HUSKY $149.98 MODEL: HD00120
SAVE $69
~~$97.99~~
NOW $79.99
ITEM 62326/61282/61253 shown
25585706
LIMIT 3 - Coupon valid through 9/16/18*

CENTRALPNEUMATIC — SUPER COUPON
21 GALLON, 2.5 HP, 125 PSI VERTICAL OIL-LUBE AIR COMPRESSOR
- Air delivery: 5.8 CFM @ 40 PSI, 4.7 CFM @ 90 PSI

Customer Rating ★★★★½
NOW $149.99
~~$169.99~~
COMPARE TO HUSKY $219 MODEL: C201H
SAVE $69
ITEM 69091/61454
62803/63635/67847 shown
25605184
LIMIT 5 - Coupon valid through 9/16/18*

SUPER COUPON
3 PIECE DECORATIVE SOLAR LED LIGHTS
Customer Rating ★★★★½

NOW $7.99
COMPARE TO YARDS & BEYOND $11.76 MODEL: APA001234V1AAA4
SAVE 32%
~~$9.99~~
ITEM 60561/69462 shown
25610944
LIMIT 6 - Coupon valid through 9/16/18*

SUPER COUPON
20-60 x 60mm SPOTTING SCOPE WITH TRIPOD
Customer Rating ★★★½☆

NOW $39.99
~~$49.99~~
SAVE 46%
COMPARE TO CELESTRON $74.99 MODEL: 14593491
ITEM 62774
25612564
LIMIT 3 - Coupon valid through 9/16/18*

HaulMaster — SUPER COUPON
72" x 80" MOVING BLANKET

SAVE 70%
Customer Rating ★★★★★
COMPARE TO BLUE HAWK $19.99 MODEL: 77280
~~$8.99~~
NOW $5.99
ITEM 69505/62418/66537 shown
25619278
LIMIT 6 - Coupon valid through 9/16/18*

PORTLAND — SUPER COUPON
7 AMP ELECTRIC POLE SAW 9.5" BAR

NOW $59.99
~~$79.99~~
Customer Rating ★★★★★
COMPARE TO WORX $99.98 MODEL: WG309
SAVE $39
ITEM 68862/63190/62896 shown
25629477
LIMIT 4 - Coupon valid through 9/16/18*

CEN-TECH — SUPER COUPON
2/10/50 AMP, 12 VOLT BATTERY CHARGER/ ENGINE STARTER
Customer Rating ★★★★☆

SAVE 57%
~~$49.99~~
NOW $29.99
COMPARE TO SCHUMACHER ELECTRIC $69.99 MODEL: SE-1250
ITEM 60581
60653 shown
25629600
LIMIT 4 - Coupon valid through 9/16/18*

HaulMaster — SUPER COUPON
- 1000 lb. capacity

18" x 12" MOVER'S DOLLY

Customer Rating ★★★★★
NOW $7.99
~~$10.99~~
COMPARE TO BUFFALO TOOLS $16.43 MODEL: HDFDOLLY
SAVE 51%
ITEM 61899/63095/63096
63098/63097/93888 shown
25635375
LIMIT 6 - Coupon valid through 9/16/18*

CHICAGO ELECTRIC POWER TOOLS — SUPER COUPON
10" SLIDING COMPOUND MITER SAW
- Powerful 15 amp motor

NOW $84.99
~~$117.99~~
Customer Rating ★★★★½

COMPARE TO KOBALT $199 MODEL: SM2507LW
SAVE $114
ITEM 61972/61971 shown
Blade sold separately.
25643681
LIMIT 4 - Coupon valid through 9/16/18*

drillmaster — SUPER COUPON
4-1/2" ANGLE GRINDER
Customer Rating ★★★★½

SAVE 61%
NOW $9.99
~~$14.99~~
COMPARE TO PERFORMAX $25.80 MODEL: 2411-1
ITEM 69645/60625 shown
25644676
LIMIT 8 - Coupon valid through 9/16/18*

HaulMaster — SUPER COUPON
3/8" x 14 FT., GRADE 43 TOWING CHAIN
Customer Rating ★★★★★
- 5400 lb. capacity

NOW $19.99
COMPARE TO MIBRO $64.99 MODEL: 426920
SAVE 69%
~~$39.99~~
ITEM 60658/97711 shown
27094368
LIMIT 5 - Coupon valid through 9/16/18*

Lynxx — SUPER COUPON
40 VOLT LITHIUM CORDLESS BRUSHLESS BLOWER
Customer Rating ★★★★★

~~$139.99~~
NOW $119.99
ITEM 64481/63284 shown
COMPARE TO DEWALT $199 MODEL: DCBL790B
SAVE $79
27227728
LIMIT 3 - Coupon valid through 9/16/18*

SUPER COUPON
AMMO BOX
Customer Rating ★★★★★

NOW $3.99
~~$6.99~~
SAVE 60%
ITEM 63135
61451 shown
COMPARE TO RANGEMAXX $9.99 MODEL: 1312-92
27230254
LIMIT 9 - Coupon valid through 9/16/18*

HARDY — SUPER COUPON
MECHANIC'S GLOVES
Customer Rating ★★★★★

NOW $3.99
SAVE 73%
~~$5.99~~
COMPARE TO MECHANIX $14.99 MODEL: 5075800
ITEM 62434, 62426, 62433,
62432, 62429, 62428 shown
27233943
LIMIT 7 - Coupon valid through 9/16/18*

*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 9/16/18.

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PERSONAL FINANCE

Should your house be your bank?

FOCUS ON FINANCES

J.J. MONTANARO

Recently, I was on a business trip to give a presentation to some young airmen on building a strong financial future. Pacing back and forth in my hotel room, I ran through the presentation in my mind, with the TV on as background noise. Suddenly, a sound bite from an on-air commercial stopped me in my tracks. With more than a little enthusiasm, the narrator exclaimed, "Your house is your bank."

Wow. I had been down this path before – and not with good results. Just a few years into my financial planning career, I was working with a couple who had accumulated around $25,000 in credit-card debt. Unfortunately, I made a recommendation that addressed the symptom – a whole bunch of high-interest credit card debt – without touching on the root cause: out-of-control spending. You can see where this is going: With my assistance, their house had become their bank.

About six months later, I stopped by their bank – er, house – to check in on their progress and was quite dismayed to see that the "bank" had apparently needed new windows, and one of the employees plastic surgery. When all was said and done, the couple had worked diligently to rebuild their credit-card debt to its previous level and – thanks to my guidance – had a big home-equity loan to boot.

This is not to say that a home-equity loan can't make sense in certain situations, but here are a few questions to ask yourself before you move forward.

■ **Am I banking on the tax benefits?** Until the arrival of last year's Tax Cuts and Jobs Act, you could deduct home equity interest up to $100,000 for home equity loans or lines of credit used for any purpose – including paying off debt. No more. The new law eliminates the deduction on this type of interest. So from a tax perspective, it's now less attractive to tap the equity in your home.

■ **How did I get here?** There are many reasons you could have ended up with a pile of debt. If one of those reasons is plain old overspending, and you're looking for a silver bullet, stop. As happened to my clients, it's possible you'll put your home at risk and add more debt. Look in the mirror, figure out how you got where you are, and ensure you've got a game plan to manage your (over)spending.

■ **Am I picking the right product?** If you're using the equity in your home as a financial resource, there are two basic approaches: a line of credit and a loan. A line of credit is just that: It provides something you can draw on when you need it via checks or electronic transfers. This approach might work well if you're using home equity to fund periodic, but unknown expenses such as education. Interest rates typically fluctuate with market interest rates. A loan, on the other hand, will have a set repayment schedule, a fixed interest rate, and a clear beginning and end. A loan would work best for a one-time expenditure, such as debt consolidation.

■ **Am I creating value?** Why do you need money now? Are you taking a vacation or buying a luxury item? If that's the case, you don't want to "make your house your bank." On the other hand, you could make a case for funding education, home improvements or other moves that add long-term value to your financial situation.

I've stopped pacing. But let me get it off my chest one more time: Your house is your home, not your bank.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

www.legion.org/usaa/focusonfinances

Getty

VERBATIM

"And who knows? Somewhere out there in this audience may even be someone who will one day follow my footsteps, and preside over the White House as the president's spouse. I wish him well!"

Barbara Bush, in a commencement speech at Wellesley College in 1990. The former first lady, 92, died April 17 at her home in Houston.

BY THE NUMBERS

Nukes by nation

6,800	Russia
6,550	United States
300	France
270	China
215	Great Britain
130 to 140	Pakistan
120 to 130	India
80	Israel
10 to 20	North Korea

Sources: CNBC, Arms Control Association, Federation of American Scientists

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,*** **Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280,** e-mail **reunions@legion.org** or submit information via our website, **www.legion.org/reunions.**

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing only once a year.** Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to ***The American Legion Magazine,*** **Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280** or e-mail **reunions@legion.org.**

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine,*** **Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine,*** **Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

60th Trp Carrier Grp & C-119 Vets, Branson, MO, 9/9-13, Paul Baldwin, (254) 694-2267; **317th Trp Carrier & Airlift (All Eras),** Wichita, KS, 9/13-16, Jim Timmons, (443) 844-4711, jimt0708@aol.com; **366th Ftr Assn,** Savannah, GA, 10/3-6, Wayne Pickelsimer, (864) 642-8501, 366thtfw@gmail.com; **504th Bomb Grp (Tinian, 1945),** Columbus, GA, 10/17-21, Frank Cacich, (612) 396-7949, frank.cacich@frontiernet.net; **555th Red Horse,** Carlisle, PA, 8/14-16, Mike Peters, (717) 243-7617, gmrpeters@comcast.net; **Nuclear Wpns Techs,** Albuquerque, NM, 9/27-29, Walt Sudol, (315) 941-0909, usafnwtapres@gmail.com

ARMY

1st Eng Bn, Colorado Springs, CO, 9/9-12, Jose Vargas, (720) 226-1623, jxvarga@centurylink.net; **2nd Bn 94th Arty,** Gettysburg, PA, 9/9-12, Felton Dunnehoo, (337) 513-8320, feldun@msn.com; **2nd Inf Div,** Jacksonville, FL, 9/19-22, Bob Haynes, (224) 225-1202, 2idahq@comcast.net; **12th Armd Div (WWII),** Atlanta, 7/18-22, Bill Vosseler, (610) 558-2163, hellcatnews@yahoo.com; **24th Inf Div Assn,** Branson, MO, 9/20-23, George Vlasic, (910) 287-5618, geonanvlasic@atmc.net; **27th Inf Rgt "Wolfhounds" Hist Society,** Davenport, IA, 8/18-27, Tom Harlan, (309) 586-4111, tomharlan@frontiernet.net; **32nd Red Arrow Vets,** Chippewa Falls, WI, 8/17-19, Steven Bensend, (715) 495-4851, icmbene@bevcomm.net; **39th Eng Bn Cbt,** Tucson, AZ, 9/30-10/4, Bill Ray, (817) 239-0787, bill39th@sbcglobal.net; **46th Eng Bn,** Little Rock, AR, 9/5-9, Vern Nelson, (715) 886-3290, jvnels2@solarus.net; **62nd Avn Co (CORPS),** Colorado Springs, CO, 9/6-9, Rollie Hubbard, (859) 620-5842, coachman619@gmail.com; **84th & 62nd Eng (Korea, 1953-1954),** Nashville, TN, 9/10-14, Carol Nelson, (401) 738-0693, cen21225@verizon.net; **87th Inf Div (Battle of the Bulge, WWII),** St. Louis, 10/17-20, Thomas R. Hewlett, (618) 830-8430, thewlett@charter.net; **95th Evac Hosp (Vietnam Era, 1968-1973),** Tucson, AZ, 5/2-5, Terry Caskey, (828) 464-2610, mickthec@hotmail.com; **101st Abn Div (Vietnam),** Columbus, GA, 8/22-26, Ron Long, (310) 977-4253, ronlong71@msn.com; **104th Inf Div, Nat'l Timberwolf Pups Assn,** Dayton, OH, 9/5-10, Andrew Lane, (973) 896-3521, andrewben.lane@gmail.com; **201st Field Arty Rgt,** Kingwood, WV, 11/2-3, Dennis Christian, (304) 552-4948, 201stassociation@gmail.com; **249th Eng Bn,** New Orleans, 9/13-16, Robin Wandell, (660) 815-1166, firewoodfriends@hotmail.com; **304th Sig Opns Bn (All Yrs),** Waterloo, IA, 9/11-13, Eber Janzen, (608) 524-3631, budsmart1@yahoo.com; **321st Trans (Vietnam, 1967-1972),** San Antonio, 9/18-24, Paul Floyd, (502) 533-3360, pauldfloyd@aol.com; **335th Radio Research (Vietnam),** Grantville, PA, 9/5-9, Jim Mossman, (513) 520-3915, gghooper@comcast.net; **509th Eng Co (Panel Bridge, 1965-1971),** Branson, MO, 9/6-9, Jerry Sexton, (405) 373-0354, lindasexton@sbcglobal.net; **585th Eng Co DT,** Rapid City, SD, 9/21-24, Breland Clement, (985) 817-9597, brelandclement@gmail.com; **660th Trans Co,** Hopedale, OH, 7/27-29, Tricia Largent, (740) 491-3410, pklargent@gmail.com; **7th Bn 13th Arty "Redlegs" All Btrys (Vietnam),** Williamsburg, VA, 9/23-27, Jon Taylor, (603) 677-6570, mcalk@att.net; **Alpha Co 2nd Bn 3rd Inf 199th Light Inf Bde,** San Antonio, 9/13-16, Jimmy Bailey, (205) 587-2990, jnbailey1@charter.net; **Army Security Agency (Baumholder, Germany),** Chattanooga, TN, 9/23-26, Bob Sperling, (315) 866-4325, rasperli@twcny.rr.com; **Bravo Co 1st Bn 506th Inf 101st Abn,** Angel Fire, LA, 10/1-5, Bob Harasick, (337) 238-6888, harsao@msn.com; **Criminal Investigation Div Agents Assn,** Colorado Springs, CO, 9/26-30, Charles Cooper,(678) 994-9915, cchas19@att.net; **STRATCOM Long Lines Bn C Co (Korea, 1967-1970),** Charleston, SC, 10/15-18, Steve Szakal, (570) 857-9033, js1947@ptd.net; **USARAL Polar Bear Patch,** Mount Vernon, IA, 9/9-13, Don Bayt, (727) 289-6668, donaldbayt@outlook.com; **Vinh Long Outlaws Assn,** Charleston, SC, 9/13-17, Jim Donnelly, (757) 481-6196, vinhlongoutlaws18@gmail.com

JOINT

U-Tapao Alumni Assn, Washington, 9/6-8, Nick Consiglio, (313) 779-1464, nconsigliob52@gmail.com

MARINES

1st Bn 5th Mar (1986-1992), Macomb, IL, 9/7-9, Scott Hainline, (309) 351-2050, ptimfi@yahoo.com; **3rd 8-Inch Howitzer Btry (SP),** San Antonio, 9/13-16, Dennis O'Brien, (805) 340-6286, cobrien@rpdsquared.com; **Cbt Correspondents Assn Professional Development & Training Symposium,** New Bern, NC, 8/20-23, Jack Paxton, (352) 748-4698, usmccca@cfl.rr.com; **Kilo 3rd Bn 7th Mar (Vietnam & Other Eras),** Savannah, GA, 8/12-16, Bill Gerke, (631) 433-8575, msggerke@aol.com; **Lima Co 3rd Bn 1st Marines (1965-1971),** Las Vegas, 9/20-23, Leslie Turner, (631) 748-9733, lgtplace@aol.com; **Mar Air Base Sqdns 49,** Earleville, MD, 9/8, Chuck McGarigle, (609) 291-9617, mabsreunion@comcast.net; **VMA(AW)-225 (1969-2019) & Families,** Morehead City, NC, 5/15-19, Maurice "Mo" Chevalier, (252) 240-1965, mochev@twc.com; **VMA(AW)-533 (1965-1992),** New Orleans, 9/6-8, Jerry Callaway, (303) 946-7839, j2callaway@q.com

NAVY

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YR 71 (Da Nang, Vietnam, May-July 1970), Mike "Piezon" Cassesse, (203) 605-3307

TAPS

Ronald E. Brooks, Dept. of Tennessee. Nat'l Marketing Services Grp. Exec. Director 1995-2008 and Nat'l Citizens Flag Alliance Ex-Officio Memb. 1995-2008.
Roger DeFrancesco, Dept. of New York. Nat'l Americanism Cncl. Vice Chmn. 1986-1988 and 1997-1999.
Mervin G. Gunderson, Dept. of Montana. Nat'l Vice Cmdr. 2011-2012, Dept. Cmdr. 2006-2007, Nat'l Americanism Cmsn. Liaison Cmte. Memb. 2017, Nat'l Marketing Cmsn. Liaison Cmte. Memb. 2016-2017, Nat'l Sec. Cmsn. Liaison Cmte. Chmn. 2013-2016, Nat'l Resolutions Subcmte. Memb. 2013-2016, Nat'l Exec. Cmte. Memb. 2013, Nat'l Children & Youth Cmsn. Memb. 2005-2011 and 2012-2013, Nat'l Children & Youth Cmsn. Region 8 Chmn. 2002-2003, Nat'l Children & Youth Cmsn. Region 8 Vice Chmn. 2001-2002 and 2004-2005, and Nat'l Children & Youth Cmsn. Region 8 Memb. 2000-2001 and 2003-2004.
Dale E. Hoover, Dept. of West Virginia. Dept. Cmdr. 1994-1995, Nat'l Veterans Affairs & Rehab. Cmsn. Region 2 Memb. 1992-2002 and Nat'l Sec. Cncl. Vice Chmn. 1984-1992.
William F. "Bill" Jenkins, Dept. of Colorado. Dept. Cmdr. 1994-1995 and Nat'l Distinguished Guests Cmte. Vice Chmn. 1988-1994.
Sarah Ann Jennings, Dept. of Alaska. Dept. Cmdr. 1991-1992, Nat'l Sec. Cncl. Vice Chmn. 1992-1993, and Nat'l Americanism Cncl. Vice Chmn. 1990-1992 and 1996-1997.
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Raising children takes a village, preferably one with many vineyards.

A HUMAN RESOURCES director asked a job candidate, "Where do you see yourself in five years?" The candidate replied, "Personally, I feel that my greatest strength is in listening."

I RECENTLY SAW a sign that read, "Watch for children." That's actually a pretty fair trade.

HAVE YOU HEARD about the new restaurant called Karma? There's no menu – you get what you deserve.

A GROCER put up a sign that read, "Eggplants, 25 cents each. Three for a dollar."

All day long, customers came in exclaiming, "Don't be ridiculous! I should get four for a dollar!" Meekly, the grocer would agree and package four eggplants.

The tailor next door saw what was happening and finally asked the grocer, "Aren't you going to fix the mistake on your sign?"

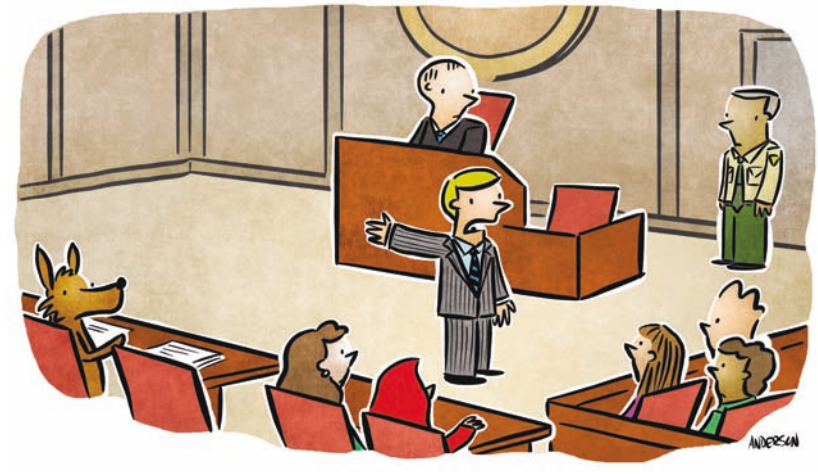
"What mistake?" the grocer asked. "Before I put up that sign no one ever bought more than one eggplant."

LIFE DOESN'T hand me lemons. It fires them rapidly at me from a lemon cannon.

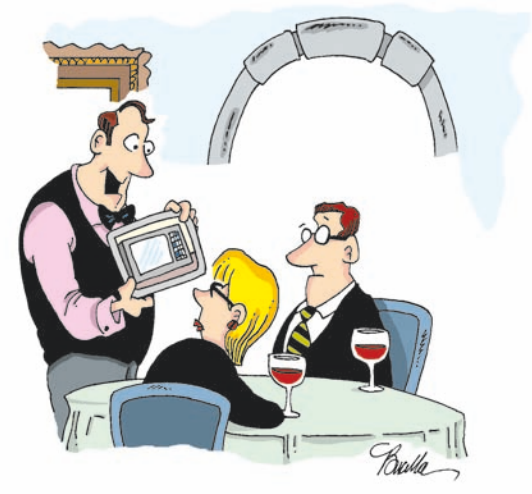
AN IRATE WOMAN burst into the baker's shop and said, "I sent my son in to buy two pounds of cookies this morning, but when I weighed them there was only one pound. I suggest you check your scales."

The baker looked at her calmly for a moment and replied, "Ma'am, I suggest you weigh your son."

"Stephanie, would you please head down to that old lady in the park and bring me back some bread crumbs?"



"Yes, he attempted to eat her. That's not in dispute. But I intend to prove that Ms. Riding Hood – by mocking my client's eyes, ears and teeth – provoked him!"



"With this table monitor, you can watch the chefs prepare your meal. Look, another slice of frozen lasagna being microwaved!"

A YOUNG MAN entered a monastery. He took a vow of silence, but once a year he was allowed to write one word on a chalkboard in front of the head monk.

The first year of silence was difficult, but on Word Day he wrote "the" on the chalkboard. The second year was also difficult – it was a struggle to remain silent – but finally Word Day rolled around, and the monk wrote "food" on the chalkboard.

The third year was excruciating. But he made it through, and when Word Day came again he wrote down the word "stinks."

"What's with you?" the head monk asked. "You've been here for three years and all you do is complain."

"SCIENTISTS have invented sensors that you can mount onto your teeth to track your diet from inside your mouth. Or you could just eat less."
– *Conan O'Brien*

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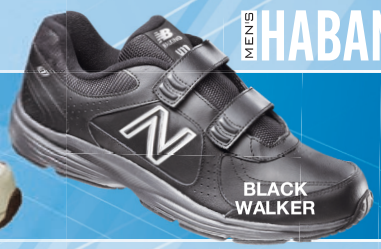

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